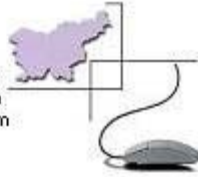


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## CULTURAL RECIPES – FOOD FOR THOUGHT

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## Cultural recipes - Slovenia



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Slovenian cuisine is not uniform; often there are many varieties of the same dish all over our small but very interesting country. The cuisine differs from region to region for different reasons like geographical diversity, climate, tradition, foreign influences, as well as history.

In the past Slovenia was divided between different neighbouring countries, which results in different eating habits as well. This is also the reason why sometimes it is difficult to say whether a dish is Slovenian, Austrian, Hungarian, Italian or Croatian. We are connected with our neighbours in many ways, food just being one of the bonds.

## Cultural recipes - Slovenia



	<h3 style="text-align: center;">POSTRUŽJAČA* – SPICY FLAT BROWN BREAD</h3>	
<b>Dish description:</b>	<div> <input checked="" type="checkbox"/> snack         </div> <div> <input checked="" type="checkbox"/> starter         </div>	<div> <input checked="" type="checkbox"/> salty         </div> <div> <input checked="" type="checkbox"/> spicy         </div>
<b>Dish ingredients:</b>	Mixture of rye and wheat flour, salt, yeast, water, <i>zaseka</i> (minced lard prepared with salt and spices)	
<b>Picture (optional):</b>	<div style="text-align: center;">  </div> <p style="text-align: center;">Photo: M. K.</p>	

**Additional notes** by the author Polonca Brihta: Served warm it is a very good starter, but you can also eat it with potato or mushroom soup as well as with many other dishes. In the part of Slovenia called Prlekija some housewives serve it as a snack to the workers who pick the grapes in autumn when the weather is often wet and cold. *Postružjača* gives them additional energy. It is really a Slovenian variety of pizza.

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\* The name comes from the Slovenian word "postrgati" which means "to scrape". In the past mothers who were baking bread at home scraped all the remaining dough from the dishes, their own hands and the board and used it for *postružjača* to feed their hungry children quickly.

## Cultural recipes - Slovenia

	<b>JOTA – VIPAVA* STEW</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> main course	<input checked="" type="checkbox"/> salty <input checked="" type="checkbox"/> sour
<b>Dish ingredients:</b>	400 g sauerkraut , 200g beans, 300 g potatoes, 300 g smoked meat or sausage, 2 cloves of garlic, 3 peppercorns, 1 bay leaf, salt, 1 onion, 60 g lard, 10 g flour, 200 ml sour cream	
<b>Picture (optional):</b>		

**Additional notes** by Matej Skrbis: People sometimes add or let out some ingredients, so there are several different recipes.

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\* Vipava is a small town in the Karst region of Slovenia where the best *jota* is served.



## Cultural recipes - Slovenia

	<b>BOGRAČ – BOGRATSH GOULASH</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> main course	<input checked="" type="checkbox"/> salty <input checked="" type="checkbox"/> spicy
<b>Dish ingredients:</b>	Beef, pork, venison, fresh peppers, potatoes, onions, garlic, salt, pepper, red paprika, bay leaves, water	
<b>Picture (optional):</b>		

**Preparation:** takes quite a long time and calls for an experienced cook who would add some spices from his own secret recipe.

**Additional notes:** This dish is traditionally prepared in kettles. Competitions are often organized to find the best *bograč* cook.

## Cultural recipes - Slovenia

	<h3>BLITVINI ZREZKI – MANGELWURZEL STEAKS</h3>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> main course <input checked="" type="checkbox"/> snack <input checked="" type="checkbox"/> starter	<input checked="" type="checkbox"/> salty
<b>Dish ingredients:</b>	500 g mangelwurzel leaves (steamed or lightly boiled and chopped), 1 egg, salt, some flour, spices, 2 spoons of grated cheese, some oil for cooking	
<b>Picture (optional):</b>		

**Preparation:** circa 1 hour

**Additional notes** by the author Matej Skrbis: I like eating this dish. I often prepare it when I am home alone.



## Cultural recipes - Slovenia

	<b>KOROŠKI HREN – HORSERADISH SAUCE FROM KOROŠKA</b>	
<b>Dish description:</b>	<div> <input checked="" type="checkbox"/> main course         </div> <div> <input checked="" type="checkbox"/> side dish         </div>	<div> <input checked="" type="checkbox"/> salty         </div> <div> <input checked="" type="checkbox"/> spicy         </div>
<b>Dish ingredients:</b>	Horseradish root, bread, beef soup, salt, pepper, sour cream.	
<b>Picture (optional):</b>		

**Preparation:** For 2 dcl of *Koroški hren*: We boil 1dcl beef soup, then we put in 5 dag of bread. We leave until bread is softened, then we stir it and warm it up, we add freshly grated horseradish root, add salt and pepper and finally sour cream.

**Additional notes** by the author Jernej Selič: I really enjoy eating this tasty dish. It comes from the Slovenian region Koroška where I live. My great grandmother lived here, my grandmother lived here and also my mother, so it would be wrong not to take notice of the dish that has connected so many generations. Horseradish is also connected to one of the biggest Christian holidays – Easter. It symbolizes the nails with which Jesus was nailed to the cross. In my opinion *Koroški hren* is still somehow connected with this story. It sounds a little bit silly, isn't it? But the fact is that Koroška was in history a very poor country and the workers worked hard in the ironworks of Ravne or in the Mežica mine. So they needed power and that is why the dish is prepared warm. It contains many vitamins and is fast to prepare. It is mostly served with roast potatoes.

## Cultural recipes - Slovenia

	<b>ZELENA SOLATA – GREEN SALAD WITH PUMPKIN SEED OIL</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> salad <input checked="" type="checkbox"/> snack <input checked="" type="checkbox"/> starter	<input checked="" type="checkbox"/> salty <input checked="" type="checkbox"/> sour
<b>Dish ingredients:</b>	Lettuce, home made vinegar, salt, pumpkin seed oil	
<b>Picture (optional):</b>		



**Preparation:** Lettuce leaves should be cleaned and washed thoroughly. Then we put them in a huge bowl and spice everything with pumpkin seed oil, salt and vinegar. Then we mix it. Some people like garlic on it.

**Additional notes** by the author Lovro Bačun: The dish is eaten with pumpkin oil in the Slovenian regions of Štajerska and Prekmurje. We eat it at lunch time all year round.

My grandma loved preparing lettuce with pumpkin oil. Instead of looking green it looked black sometimes – this was the effect of the oil she loved so much. And we all like the taste and smell of it.





## Cultural recipes - Slovenia

	<b>AJDOVI ŽGANCI – BUCKWHEAT MUSH</b>	
<b>Dish description:</b>	X side dish	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">X salty</div> <div style="border: 1px solid black; padding: 2px;">X spicy</div> </div>
<b>Dish ingredients:</b>	<div style="border: 1px solid black; padding: 5px;">                     5 dl water                      pinch salt                      1 cup buckwheat                      5 tablespoons hot lard with cracklings                 </div>	
<b>Picture (optional):</b>		

**Preparation:** Boil water. Keep at the boiling point and add flour. Do not mix. Boil for 10 minutes. Make a hole in the center of the flour and boil for the next 10 minutes. Pour off half the water and set aside. Stir the mixture well. Add fat. Cover and let stand for some minutes. If it is too dry, add some more water and mix. In some parts of Slovenia, like Koroška, buckwheat flour is roasted first and then covered with boiling water. The dish is then cut or crumbed into small pieces and covered with hot cracklings. You can eat it with sauerkraut, mushroom soup, veal stew...



**Additional notes** by the author Polonca Brihta: My great-grandmother from Prlekija (north-eastern Slovenia) used to prepare *ajdovi žganci* (she called them *hajdinski žgajniki*) with *zaseka* (she said *zobel*), which is spicy minced lard, and with hot sour cream. My great-grandmother has been dead for years, but the taste of her *žganci* is still present.

## Cultural recipes - Slovenia

	<b>SAINT MARTIN'S GOOSE</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> main course	<input checked="" type="checkbox"/> salty
<b>Dish ingredients:</b>	2 kg goose or duck salt and pepper to taste 1 tablespoon marjoram or oregano, chopped 2 to 3 apples, peeled and cut 1 cup roasted chestnuts 1 cup water 1 dl beer 1 tablespoon spice mixture (try to find Vegeta or Začinka) 1 tablespoon starch 2 tablespoons bread crumbs	
<b>Picture (optional):</b>		



**Preparation:** Wipe goose or duck with damp paper cloth inside and outside and rub all over with salt and pepper. Let it stand overnight. Mix well apples, chestnuts, marjoram and bread crumbs and stuff the goose. Sew the hole up. Pour some water in the roaster, cover with a grid and place the goose or duck on it. Roast in hot oven for about 90 to 120 minutes. Turn occasionally. Finally, when the goose is brown, sprinkle it with the mixture of beer and a pinch of salt. The skin becomes crispy. Remove the goose, sift the gravy and bring it to a boil. Add the chestnuts, spice mixture and some broth and thicken the gravy with starch or flour. Mix well. Slovenians eat Martin's goose with *mlinci* (kind of pasta) on St. Martin's name day in November when there is a festival. People celebrate the end of hard vineyard work and taste the young wine. Slovenia is known for good wines.

## Cultural recipes - Slovenia

	<h3 style="margin: 0;">TROUT FROM GRILL</h3>	
<b>Dish description:</b>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;"> <input checked="" type="checkbox"/> main course         </div> <div style="border: 1px solid black; padding: 2px;"> <input checked="" type="checkbox"/> snack         </div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;"> <input checked="" type="checkbox"/> salty         </div>
<b>Dish ingredients:</b>	<div style="border: 1px solid black; padding: 5px; min-height: 30px;">             Trout, salt, flour, garlic, bread, parsley           </div>	
<b>Picture (optional):</b>		

**Additional notes** by the author Lovro Bačun: I go fishing with my friends and mum prepares it!  
 Trout is a fish that is typical of very clean water. This is the reason why it can be found in one of the most beautiful rivers in the world, the Slovenian Soča river.

## Cultural recipes - Slovenia

	<b>ZLEVANKA*</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> dessert <input checked="" type="checkbox"/> main course <input checked="" type="checkbox"/> snack <input checked="" type="checkbox"/> side dish	<input checked="" type="checkbox"/> salty <input checked="" type="checkbox"/> sweet
<b>Dish ingredients:</b>	Eggs, milk, salt, flour for the batter (slightly thicker than that for pancakes).	
<b>Picture (optional):</b>	 <p style="text-align: center; font-size: small;">Photo: M. K.</p>	

**Preparation:** Prepare the batter. Let it rest for half an hour. Preheat the oven and a baking tin with some oil in it. When the oil is hot, pour the batter on it and bake *zlevanka* for approximately 30 minutes until it turns golden.



**Additional notes** by the author Polonca Brihta: My father, who comes from Prlekija, calls the dish *zlevanka*, while my mother, who was born and grew up in the western part of Slovenske Gorice, says it is *tomrl*. We very often eat it with just a big bowl of green salad or in spring with the salad made of young dandelion leaves. It can be served with goulash, roast meat or different stews. My aunt, who has a sweet tooth, always puts sugar on it while it is still very hot or even some minutes before it is done and eats it for dessert.

Someone told me the English Yorkshire pudding can be compared to *zlevanka*. Do you think they copied it from us?

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\* The dish is usually prepared with wheat flour, but in some places they prefer buckwheat or corn flour or they mix them with wheat flour.

## Cultural recipes - Slovenia

	<b>POTICA</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> dessert <input checked="" type="checkbox"/> snack	<input checked="" type="checkbox"/> sweet
<b>Dish ingredients:</b>	Flour, salt, sugar, eggs, milk, water, yeast, ground walnuts, poppy seeds, raisins.	
<b>Picture (optional):</b>		

**Preparation:** Rather complicated. The author advises to ask his mum.

**Additional notes** by the authors Lovro Bačun and Denis Kolednik:

We bake *potica* for Easter and Christmas. Preparations start with husking walnuts and this is one of the things where I can help. After that I grind walnuts and my mum kneads the dough on a floured board until smooth adding more flour if needed. She covers the dough and lets it rise for an hour. In the meantime she takes some extra ingredients and mixes them with ground walnuts\*. Then she spreads the dough, puts on the filling and rolls it up with the dough. She lets it rise for about 30 minutes. Then she puts it in the oven and bakes it for approximately 45 minutes.


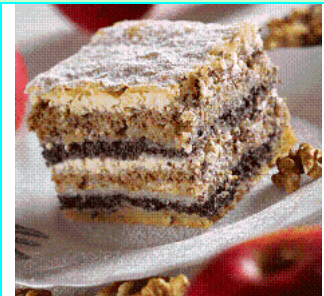
The whole preparation takes quite a lot of time and some people think it is not worth the effort - but they do not know what they are missing. Time is not what matters. It is the taste that matters most.

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\* The filling can also be made of poppy seeds, hazelnuts, carob-pods, raisins or even fresh tarragon leaves which make *potica* a rare delicacy.

In some parts of Slovenia this delicious holiday cake is called *povitica*.

## Cultural recipes - Slovenia

	<b>PREKMURSKA GIBANICA – “OVER-MURA* MOVING CAKE”</b>	
<b>Dish description:</b>	<div> <input checked="" type="checkbox"/> dessert         </div> <div> <input checked="" type="checkbox"/> snack         </div>	<div> <input checked="" type="checkbox"/> sweet         </div>
<b>Dish ingredients:</b>	<p>30 dag flour, 3 tablespoons lukewarm water, 2 tablespoons wine, 1 tablespoon sugar, salt to taste, 2 tablespoons oil, 2 tablespoons melted butter for brushing dough</p> <div> <div> <b>Poppy seed feeling:</b>            40 dag poppy seeds            20 dag sugar            cinnamon to taste            1 cup hot milk         </div> <div> <b>Apple filling:</b>            50 dag apples, grated            20 dag sugar            cinnamon to taste            1 lemon rind, grated            1 tablespoon lemon juice         </div> <div> <b>Cottage cheese filling:</b>            50 dag cottage cheese            3 dl sour cream            1 egg            20 dag sugar            2 tablespoons raisins, soaked in rum            vanilla to taste         </div> <div> <b>Walnut filling:</b>            50 dag ground walnuts            20 dag sugar            cinnamon to taste            sour cream         </div> </div>	
<b>Picture (optional):</b>		

**Preparation:** Mix the ingredients in a bowl. Knead the dough thoroughly and let stand for 1 hour. Then roll it out and cut to sheets, which suit the baking tin. Place one dough sheet to the bottom of a greased tin and spread half of the poppy filling evenly over it. Cover the filling with another sheet. Continue the procedure with halves of apple filling, cottage cheese filling and walnut filling. Sprinkle the sheets with melted butter. Repeat the procedure with another halves of fillings. A dough sheet must be on the top. Note that the exact arrangement of layers is important. Spread sour cream over the *gibanica* and bake for about 1 hour.

**Additional notes:** This is a layered pastry with poppy seeds, walnuts, apples and cottage cheese fillings.

More: [http://en.wikibooks.org/wiki/Cookbook:Prekmurska\\_gibanica](http://en.wikibooks.org/wiki/Cookbook:Prekmurska_gibanica)

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\* This dish is typical of the Slovenian region called Prekmurje which means the land on the other side of the Mura river. The English translation of the dish name is rather jocular.

## Cultural recipes - Slovenia

	<b>PRLEŠKA GIBANICA – GIBANICA FROM PRLEKIJA*</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> dessert <input checked="" type="checkbox"/> snack	<input checked="" type="checkbox"/> sweet
<b>Dish ingredients:</b>	Dough: flour, salt, water, oil Filling: cottage cheese, cream, sugar	
<b>Picture (optional):</b>	 <a href="http://www.gibanica.org">http://www.gibanica.org</a>	

**Preparation:** The dough should rest for approximately one hour. Then it is spread, and cut into sheets, which are covered with cottage cheese and cream and sprinkled with sugar. The last layer is cream with some sugar.

**Additional notes** by the author Polonca Brihta: In Prlekija the same dish is sometimes called *pogača* and can also be prepared with apples or pumpkins. In all cases it is delicious, especially if it is served warm.

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\* Prlekija lies in the north eastern part of Slovenia. The centre is Ljutomer.

## Cultural recipes - Slovenia

	<h3 style="text-align: center;">HALOŠKA GIBANICA – GIBANICA FROM HALOZE*</h3>	
<b>Dish description:</b>	<div> <input checked="" type="checkbox"/> dessert         </div> <div> <input checked="" type="checkbox"/> snack         </div>	<div> <input checked="" type="checkbox"/> salty         </div> <div> <input checked="" type="checkbox"/> sweet         </div>
<b>Dish ingredients:</b>	<div>             Dough: flour, salt, water, oil, yeast, eggs              Filling: cottage cheese, cream, sugar, eggs, sometimes raisins, (salt)           </div>	
<b>Picture (optional):</b>	<div>  </div> <div> <a href="http://www.tus.si">http://www.tus.si</a> </div>	

**Preparation:** When you prepare it, you must put the mixture of cheese, cream, eggs and sugar onto the dough in the baking tin and then scatter the raisins. When you have done this you put it in the oven and bake it.


**Additional notes** by the author Dejan Dietner: It's good to eat, and it's sweet. My grandmother bakes it when someone in our family has birthday.

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\* Haloze – part of eastern Slovenia. Another name for the dessert is *kvasenica*, in Prlekija it is called *krapec*. It can also be prepared without sugar.



## Cultural recipes - Slovenia

	<b>BLED* CREAM SLICES</b>	
<b>Dish description:</b>	<input checked="" type="checkbox"/> dessert <input checked="" type="checkbox"/> snack	<input checked="" type="checkbox"/> sweet
<b>Dish ingredients:</b>	2 parcels puff pastry 6 eggs 8.3 dl milk 20 dag sugar 10 dag sugar for whites 10 dag flour 2 parcels vanilla sugar 3 dl cream	
<b>Picture (optional):</b>		


**Preparation:** Pinch dough with fork to empty air pockets. Bake the sheets in very hot oven until they become yellow and brown.

Separate whites and yolks. Beat whites together with sugar for whites to get like whipped cream. Beat yolks and sugar; slowly add .3 dl cold milk and then flour. Boil the rest of milk, vanilla sugar and very slowly add yolks and mix. The best way to do it is above a container with hot water. Cook for 10 minutes until the eggs harden. Mix continuously. When done, remove the pan and whip. Spread the hot yellow mixture over the cold baked sheets. Let it cool. Beat cream and sugar and vanilla sugar and spread over the mixture. Cover with another baked sheet, cut to squares and sprinkle with powdered sugar.

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\* Bled is a village near a beautiful lake in the mountainous region called Gorenjska. The recipe originates there.

## Cultural recipes - Slovenia

	<h1>HOT WINE DRINK</h1>	
<b>Dish description:</b>	<div><input checked="" type="checkbox"/> drink</div>	<div><div><input checked="" type="checkbox"/> spicy</div><div><input checked="" type="checkbox"/> sweet</div></div>
<b>Dish ingredients:</b>	<div>5 dl half-dry good wine 3 dl water pinch of rosemary 5 cloves 15 dag sugar piece of lemon skin pinch of cinnamon</div>	
<b>Picture (optional):</b>	<div><div><a href="http://www.tus.si">http://www.tus.si</a></div></div>	

**Additional notes:** This is a drink for freezing winter evenings when your toes are cold and your nose running.