

## SLOVENSKE TRADICIONALNE JEDI:

1. GOVNAČ
2. AJDOVI KRAPCI
3. DROBNJAKOVI ŠTRUKELJČKI

### 1. GOVNAČ

Po imenu značilna jed za gorenjsko področje, vendar pa gre za mešanico krompirja in zelja, ki se je uveljavila v domala vsej Sloveniji. V krompir so včasih radi primešali različno domačo zelenjavo, kot je repa, fižol, ohrovt, vendar je največkrat mesto v loncu zasedlo prav zelje. Različica jedi je bila v naših krajih poznana tudi preden je krompir priromal v Evropo in sicer ga je nadomestila kaša ali močnate priloge. Ime je izpeljanka besede glava ali glavnjač, ki se je skozi gorenjski dialekt preoblikovala v današnjo.

#### SESTAVINE:

4 veliki krompirji  
pol glave zelja  
1 čebula  
2 žlici olja  
2 stroka česna  
1 žlica moke  
peteršilj  
1 žlica paradižnikove mezge

#### NAVODILA ZA DELO:

1. Krompir olupi in nareži na koščke ter ga kuhaj v slani vodi.
2. Dodaj narezano zelje in skupaj kuhaj 20 minut.
3. V ponvi prepraži narezano čebulo, malo česna in žlico moke.
4. Kuhano zelje s krompirjem zmešaj in pretlači.
5. Lahko zgostiš s podmetom in dodaš ščepec sladke mlete paprike.



**Namen:** zelja ima velik zdravilni učinek; jemo ga skozi celo leto.

## 1. GOVNAČ

This is typical dish for Gorenjska region, but it's a mixture of potato and cabbage which can be found overall in Slovenia.

With potato they use to mix different homegrown vegetables like turnip, beans, kale, but cabbage most often. The version of the dish was also known in our area before potatoes made their way to Europe, but it was replaced with porridge or strong side dishes. The name is a derivative of the word head or principal, which has been transformend into the present »govnač«.

### INGREDIENTS

4 large potatoes  
half of cabbage (head)  
1 onion  
2 tablespoons of oil  
2 cloves of garlic  
parsley  
1 tablespoon of tomato paste

### INSTRUCTION FOR COOKING:

1. Peel and cut the potatoes and cook in salted water.
2. Add sliced cabbage and cook together for 20 minutes.
3. In a saucepan, fry sliced onions, a little garlic and a tablespoon of flour.
4. Mix the cooked cabbage with the potatoes and beat them.
5. You can thicken with a pan and add a pinch of sweet ground pepper.

Purpose: Cabbage has a great healing effect; we eat it all year long.

## 2. AJDOVI KRAPI

Krapi sodijo med najznačilnejše in največkrat omenjene slovenske jedi severne in vzhodne Slovenije. Kuhani in polnjeni so bili na mizi sigurno za pusta, sicer pa jih poznamo kot praznične jedi. Pripravljali so jih iz treh vrst moke, vendar večinoma iz ajdove. Ajda se je pojavila šele konec srednjega veka in kmalu, predvsem v obliki moke, predstavljala večji del ljudske hrane. Velikokrat so popili celo vodo, v kateri so se kuhali in tako dobili še dodaten zalogaj energije. Ob težjih delih, kot je košnja so kmetom gospodinje pripravile krape in kosci so se radi pošalili, da gredo h gospodinji z največjimi koleno, ki bo lahko zvaljala največje krape.

### **SESTAVINE:**

#### **Testo:**

34 dag ajdove moke  
10 dag masla  
pest drobtin  
3,5 dl slanega kropa  
pšenična moka za posip

#### **Nadev:**

350 g skute  
1 jajce  
130 ml sladke smetane  
1 pest zdrobljenih piškotov  
ščepec soli

#### **Preliv:**

zdrobljeni piškoti in maslo

### **NAVODILO ZA DELO:**

1. Popari ajdovo moko in dodaj maslo ter drobtine.
2. Zamesi testo, ki naj nekaj časa počiva.
3. Ko se ohladi, ga razvaljaj in posipaj s pšenično moko, ki testo veže ter ga ponovno zamesi in pusti počivati 20 minut.
4. Sestavine za nadev zmešaj v gladko maso.
5. Nadev bo boljši, če boš beljak stepel v sneg.
6. Spočito testo razvaljaj in oblikuj kroge, v katere naneseš nadev ter jih prepogneš na pol.
7. Dobro jih zalepi po celi dolžini.
8. Krape kuhaj v slanjem kropu 10 minut.
9. Zabeli jih z maslom in zdrobljenimi piškoti.



**Namen:** moč in energija

## 2. BUCKWHEAT DUMPLINGS

Carp/dumplings are among the most characteristic and most frequently mentioned Slovenian dishes of Northern and Eastern Slovenia. They were cooked and stuffed on the table surely for lean, but otherwise we know them as holiday dishes. They were made from three types of flour, but mostly buckwheat. Buckwheat appeared at the end of the Middle Ages, mainly in a form of flour, and it presented folk food. Many times they even drank the water in which they were boiled, giving them extra energy boost. In times of difficult work, such as mowing, housewife prepared carp/dumplings for farmes – and they joked about that, they are going to go to the ones with biggest knees who could roll the biggest carp/dumpling.

### INGREDIENTS

#### Dough:

34 dag buckwheat flour  
10 dag butter  
first of bread crumbs  
3,5 dl of salted boiled water  
wheat flour for sprinkling the desk

#### Stuffing:

35 dag cottage cheese  
1 egg  
130 ml of cream  
1 fist of crushed biscuits  
pinch of salt

#### Dressing:

crushed biscuits and butter

### INSTRUCTION FOR COOKING:

1. Boil the buckwheat flour and add the butter and breadcrumbs.
  2. Knead the dough to rest for a while.
  3. When it cools down, roll it out and sprinkle with wheat flour, which binds the dough and kneads it again and let it rest for 20 minutes.
  4. Mix the stuffing ingredients into a smooth mass.
  5. The stuffing will be better if you put the egg whit in the snow.
  6. Roll out the dough and roll the circles into which you put the stuffing and fold them in half.
  7. Seal them well on the entire lenght.
  8. Cook the carrots in a salty pan for 10 minutes.
  9. Beat them with butter and crushed biscuits.
- Purpose: strenght and energy boost.

### 3. DROBNJAKOVI ŠTRUKLI

#### SESTAVINE:

30 dag moke

1 jajce

1,5 dl mlačne vode

malo soli

malo masla

drobnjak in kruhove drobtine

#### NAVODILO ZA DELO:

1. Iz sestavin zamesimo testo, ga razvaljamo na tenko, cca. 2 -3 mm, pomažemo s stopljenim maslom in na gosto potresemo z drobnjakom.
2. Zavijemo v svaljek, ga dvakrat obrnemo in svaljek odrežemo od testa. Postopek ponavljamo dokler imamo testo.
3. Potem "povaljke" razrežemo približno cm in pol na dolgo.
4. Zavremo krop, solimo in damo štrukeljčke kuhat.
5. Ko vrejo 10 minut, zabelimo s kruhovimi drobtinami popraženimi na maslu.
6. Pustimo na rahlem ognju še par minut in postrežemo.



**Namen:** Hitro pripravljen obrok in poceni.

### 3. CHIVES DUMPLINGS

#### INGREDIENTS

30 dag of flour  
1 egg  
1,5 dl of lukewarm water  
salt  
butter  
breadcrumbs  
chives



#### INSTRUCTION FOR COOKING:

1. Knead the dough from the ingredients, roll it into a thin pan, approx for 2-3 mm, add melted butter and sprinkle with chives.
2. Wrap it in a roll, turn it twice and cut the roll from the dough. Repeat the process until we have the dough.
3. The cut the »rolls« about an inch-inch and half long.
4. Boil the water, salt and cook the rolls.
5. When they are boiling for 10 minutes, season them with bread crumbs fried in butter.
6. Simmer for a few minutes and serve.

Purpose: A quick and cheap meal.