

TOPLA AJDOVA KAŠA S PARADIŽNIKOM ALI DRUGO ZELENJAVO

SESTAVINE:

100 G AJDOVE KAŠE (NAVADNA ALI TATARSKA AJDA)

1 SREDNJE VELIKA ČEBULA

STROK ČESNA

PARADIŽNIK

30 G SLANINE ALI PANCETE

SOL

POPER

RASTLINSKO OLJE

Ajdovo kašo skuhamo v slani vodi in odcedimo. Posebej v ponvi popražimo čebulo (do zlato rjave barve), dodamo narezan česen, paradižnik, narezan na rezine, in nadaljujemo praženje. Dodamo kuhano ajdovo kašo, slanino ali panceto, popramo, dodamo narezan peteršilj. Vse skupaj dušimo in sproti zalivamo z vodo (ali juho). Ponudimo še toplo kot samostojno jed s solato ali kot toplo prilogo k mesu.

Kot zelenjavni dodatek h kaši pa lahko uporabimo tudi gobice, svežo papriko, radič, por, zelje, beluše, bučke ali kumare. Zelenjavo lahko kombiniramo med seboj oziroma jo izberemo po svojem okusu.

WARM BUCKWHEAT GROATS WITH TOMATO OR OTHER VEGETABLES

INGREDIENTS:

100 G BUCKWHEAT GROATS (COMMON OR TARTARY)

1 MEDIUM ONION

1 CLOVE GARLIC

TOMATO

30 G BACON OR PANCETTA

SALT

PEPPER

VEGETABLE OIL

Cook the buckwheat groats in salted water and drain. In a pan, sauté onions (until golden-brown), add sliced garlic, sliced tomatoes and cook for a while. Add cooked buckwheat groats, bacon or pancetta, pepper, and chopped parsley. Cook the mixture, adding water (or stock) when necessary.

Serve warm as a dish in itself, coupled with salad, or as a side to a meat-based dish.

Other vegetables that can be added to the porridge include mushrooms, fresh bell peppers, radicchio, leeks, cabbage, asparagus, courgettes, and cucumbers. Combine different vegetables or pick one to taste.



ZELENJAVNA POGAČA

SESTAVINE ZA TESTO:

200 G NAVADNE ALI TATARSKE AJDOVE MOKE
NEKAJ ŽLIC VRELE VODE
1 JAJCE (50 G)
70 G SUROVEGA MASLA
1 G SOLI
MALO PECILNEGA PRAŠKA

SESTAVINE ZA NADEV:

100 G KUHANE AJDOVE ALI PROSENE KAŠE
2 JAJCI (100 G)
100 ML MLEKA
50 G NARIBANEGA SIRA
300 G DUŠENE ZELENJAVE (ŠPINAČA, POR, OHROVT, BLITVA ...)
MALO SOLI, POPER, MUŠKATNI OREŠČEK
MALO OLJČNEGA OLJA, RUKOLE ALI SOLATE

Iz moke, vrele vode in soli pripravimo testo in ga gnetemo, da postane gladko. Pustimo, da počiva 30 minut. Medtem ko testo počiva, pripravimo dušeno zelenjavo. Testo razvaljamo in damo v majhne okrogle modelčke ali pekač. Obložimo ga z dušeno zelenjavo in kašo. Jajci stepemo z mlekom in polijemo po zelenjavi. Potresemo z naribanim sirom. Pečemo pri temperaturi 180 °C približno 20 minut. Male pogače ali kose lahko potresemo še z rukolo ali solato in ponudimo še vroče.

VEGETABLE CAKE

DOUGH INGREDIENTS:

200 G COMMON OR TARTARY BUCKWHEAT FLOUR
COUPLE OF TABLESPOONS BOILING WATER
1 EGG (50 G)
70 G BUTTER
1 G SALT
PINCH BAKING POWDER

FILLING INGREDIENTS:

100 G COOKED BUCKWHEAT OR MILLET GROATS
2 EGGS (100 G)
100 ML MILK
50 G GRATED CHEESE
300 G STEAMED VEGETABLES (SPINACH, LEEKS, KALE, CHARD, ETC.)
BIT OF SALT, PEPPER, NUTMEG
BIT OF OLIVE OIL, ROCKET, OR SALAD GREENS

Use flour, boiling water, and salt to make dough and knead until smooth. Leave to rest for 30 minutes. While the dough is resting, steam the vegetables. Roll out the dough and put into small round baking tins or a baking pan. Fill with steamed vegetables and groats. Beat the eggs with milk and pour over the vegetables. Sprinkle with grated cheese. Bake for approximately 20 minutes at 180°C. If you like, sprinkle the cakes or pieces of cake with rocket or salad greens, and serve hot.



TATARSKA JABOLČNA TORTA »PIRAMIDA«

SESTAVINE:

300 G TATARSKE AJDOVE MOKE
160 G SLADKORJA V PRAHU
200 G SUROVEGA MASLA
1 JAJCE (50 G)
1 ZAVITEK PECILNEGA PRAŠKA ALI VINSKEGA KAMNA (12 G)
ŠČEPEC SOLI

SESTAVINE ZA NADEV:

1000 G KISLIH JABOLK (NARIBANIH NA LISTIČE)
50 G KRISTALNEGA SLADKORJA
2 ŽLIČKI CIMETA (6 G)
75 G ROZIN (NAREZANIH)
10 G MASLA ZA MAZANJE MODELA
10 G DROBTIN ZA POSIP

Maslo narežemo na majhne koščke, dodamo sladkor, sol in jajce (malo jajca si lahko pustimo za premaz). Stepamo toliko časa, da se sestavine povežejo. Dodamo moko s pecilnim praškom (ali vinskim kamnom) in zgnetemo gladko testo ter ga razdelimo na dva enaka dela.

Za nadev jabolka olupimo in narežemo na enakomerne rezine, dodamo sladkor, cimet in rozine ter jih dušimo do mehkega.

Potrebujemo okrogli model za torte premera 24 cm. Dno modela namažemo z maslom in posujemo z drobtinami. Polovico testa razvaljamo in ga položimo v tortni model (na dno in ob strani), po testu znova potresemo drobtine

»PIRAMIDA« TARTARY APPLE CAKE

INGREDIENTS:

300 G TARTARY BUCKWHEAT FLOUR
160 G POWDERED SUGAR
200 G BUTTER
1 EGG (50 G)
12 G BAKING POWDER OR CREAM OF TARTAR
1 PINCH OF SALT

FILLING INGREDIENTS:

1000 G TART APPLES (COARSELY GRATED)
50 G GRANULATED SUGAR
2 TEASPOONS CINNAMON (6 G)
75 G RAISINS (CHOPPED)
10 G BUTTER FOR GREASING
10 G BREADCRUMBS FOR SPRINKLING

Dice the butter, add sugar, salt, and egg (you can leave a bit of the egg for brushing). Beat until everything is combined. Add flour with baking powder (or cream of tartar) and knead everything into a smooth dough, then split this into two pieces of the same size.

To make the filling, peel the apples, cut them into slices of similar size, add sugar, cinnamon, and raisins and sauté until soft.

You will need a round cake pan with a diameter of 24 cm. Grease the bottom of the pan with butter and sprinkle with breadcrumbs. Roll out half of the dough and press it into the cake pan (into the bottom and sides), again sprin-



ter napolnimo z jabolčno mešanico. Iz preostalega testa naredimo tanke svaljke (valjčke premera 1 cm), jih položimo na zdušena jabolka v obliko mreže ter jih premažemo z jajcem. Torto pečemo 75 do 90 minut pri 160 do 180 °C. Torto ohladimo v modelu. Postrežemo s kavo ali čajem iz tatarske ajde.

kle with breadcrumbs and then spread with the apple mixture. Use the rest of the dough to make thin rolls (cylinders with 1 cm diameter), place these on the sautéed apples to form a mesh and brush with egg. Bake the cake for 75 to 90 minutes at 160 to 180°C. Refrigerate to cool. Serve with coffee or Tartary buckwheat tea.