

BLANKA VOMBERGAR • IVAN KREFT • MARIJA HORVAT • STANKO VORIH

AJDA

BUCKWHEAT

ZALOŽBA KMEČKI GLAS

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OD KOD IZVIRA AJDA IN KJE JO GOJIJO

Ajda izvira z vzhodnih predgorij Himalaje, iz Junana, Sečuana in Vzhodnega Tibeta. V Junanu in kitajskih provincah Shanxi in Shaanxi pridelujejo in uporabljajo predvsem navadno ajdo. V jugozahodnem delu Sečuana pridelujejo tatarsko ajdo na nadmorski višini okoli 2000 do 2800 metrov, v Nepalju pa navadno in zlasti tatarsko ajdo na še višje ležečih krajih. V Butanu in na severnih območjih Indije, zlasti v okolici Srinagarja, ter tudi na severnih območjih Pakistana in Afganistana so znani po pridelovanju ajde. Z območja okoli Himalaje se je ajda širila naprej po svetu.

V Evropo je prišla verjetno po svileni poti, morda pa tudi prek Sibirije. V Sloveniji je prva omemba ajde znana iz leta 1426, v tem obdobju je znanih tudi več zapisov iz Nemčije. Postopoma se je razširila po skoraj vsej Evropi, zlasti pa po Vzhodni in Srednji. Znani pridelovalci so bili Rusi, Ukrajinci, Belorusi, Poljaki, Nemci, Čehi, Madžari, Bosanci, Črnogorci, Hrvati (zlasti na severu, nekoč pa tudi v Istri), Avstrijci, Italijani (predvsem na severu, v Valtolini in na Južnem Tirolskem), na jugu Švice, v Luksemburgu, Franciji (zlasti v Bretaniji), nekaj so je pridelovali na Finskem (zlasti na jugovzhodu), posamezni zapisi o pridelovanju ajde so znani tudi iz Portugalske, Španije, Anglije in Škotske. V dvajsetem stoletju se je ajda s polj umikala drugim poljščinam, zlasti krmnim rastlinam, zadnja leta pa se v Evropi znova širi zanimanje za pridelovanje in uporabo ajde.



WHERE DOES BUCKWHEAT ORIGINATE AND WHERE IS IT GROWN TODAY?

Buckwheat originates in the eastern foothills of the Himalayas, in Yunnan, Sichuan, and East Tibet. In Yunnan and the Chinese provinces of Shanxi and Shaanxi the buckwheat grown and used is mostly of the common species. In southwest Sichuan, Tartary buckwheat is grown at 2000 to 2800 metres above sea level, while in Nepal both common and especially Tartary buckwheat are grown at even higher altitudes. Bhutan and the northern parts of India, particularly around Srinagar, as well as the northern areas of Pakistan and Afghanistan are well-known for buckwheat cultivation. From around the Himalayas, buckwheat spread throughout the world, most probably reaching Europe by the Silk Road, or perhaps through Siberia. The first written record of buckwheat in Slovenia dates to 1426, which is also around the time when it is mentioned by several German texts. Buckwheat then spread throughout almost all of Europe, particularly across Eastern and Central Europe. It is known to have been cultivated by Russians, Ukrainians, Belarusians, Poles, Germans, Czechs, Hungarians, Bosnians, Montenegrins, Croats (especially in the north of Croatia, but also in Istria), Austrians, Italians (especially in the north of Italy, in Valtellina and South Tyrol), in Southern Switzerland, Luxembourg, France (especially Brittany), and even in Finland (particularly in the southeast of the country). There are also writings referencing the cultivation of buckwheat in Portugal, Spain, England, and Scotland. In the 20th century, buckwheat gave way to other crops, especially fodder plants, however, the last few years in Europe have seen a renewed interest in buckwheat's cultivation and use.



Mlatilnica / Tresher



Stope na vodni pogon / Water-driven buckwheat dehusking device

Iz Evrope se je ajda širila tudi v Kanado in v severna območja ZDA. Znane so zgodbe o tem, da so prekmurski izseljenci s seboj v Ameriko namesto gotovine nesli ajdovo kašo, kjer so jo uporabljali za prehrano in prodajo.

S Kitajske se je ajda širila naprej proti Koreji in Japonski. Prvi znan zapis o ajdi na Japonskem je iz leta 722, domneva pa se, da je bila tam razširjena že ob koncu 4. ali v začetku 5. stoletja. Po ajdi je bila znana zlasti pokrajina Shinano (zdajšnji Nagano) in ajda je bila tam povezana z budističnim načinom življenja. Z Japonske se je ajda širila naprej, z japonskimi izseljenci v Južno Ameriko (zlasti v državo Parana v Braziliji), v zadnjih 20 letih pa tudi v Avstralijo. V avstralski državi Tasmaniji je že vrsto let znana ajda »Tasmania-soba«, ki jo pridelujejo za japonsko tržišče.

NAVADNA IN TATARSKA AJDA

Pridelujemo dve vrsti ajde: navadno (*Fagopyrum esculentum*) in tatarsko (*Fagopyrum tataricum*).

NAVADNA AJDA ima bele, rožnate ali rdečkaste cvetove. Pogosto so stebela ajde na osončeni strani rdečkasto obarvana. Nekatere rastline imajo dolge prašnike in kratke pestiče, druge, na istem polju, pa dolge vratove pestičev in kratke prašnike. Na polju sta oba tipa rastlin pomešana in samo rastline z različnimi tipi cvetov se lahko medsebojno oplodijo. Pelod prenašajo z rastline na rastlino čebele, ko nabirajo medicino. Polje navadne ajde lepo diši in avgusta, ko v Sloveniji ajda navadno cvete, se v lepem sončnem vremenu, zlasti dopoldne, na ajdovem polju sliši brenčanje čebel. Semena navadne ajde so gladka, triroba, svetlo sive do srebrne barve, včasih imajo siva semena podolgovate ali nepravilne temnejše pege, zrna so lahko rjava ali redkeje črna.

From Europe, buckwheat also travelled to Canada and the northern United States. There are stories about emigrants from Prekmurje taking buckwheat groats instead of cash to America, in order to cook with it and sell it.

From China, buckwheat made its way to Korea and Japan. The first known Japanese text referencing buckwheat is from 722, but it is generally thought to have already been widespread in the late 4th or early 5th century. Buckwheat was particularly typical to the Shinano (today the Nagano Prefecture), where it was connected to the Buddhist lifestyle. From Japan, buckwheat travelled forth, as Japanese emigrants took it to South America (especially to the Paraná state of Brazil) as well as to Australia in the past 20 years. The Australian state of Tasmania has for some time been known for its »Tasmania-soba« buckwheat, grown for the Japanese market.

COMMON AND TARTARY BUCKWHEAT

There are two species of buckwheat that are cultivated: common (*Fagopyrum esculentum*) and Tartary (*Fagopyrum tataricum*). COMMON BUCKWHEAT has white, pink, or reddish flowers. On the sunny side, its stems often have a reddish hue. Some plants have long stamens and short carpels, while others, even those growing in the same field, may have long-styled carpels and short stamens. In the field, there are plants of both types, but fertilization is only possible between plants with different types of flowers. Pollen is carried between plants by bees as they collect the nectar. A field of common buckwheat gives off a pleasant aroma, and on a nice sunny day in August, when buckwheat usually flowers in Slovenia, one can hear bees buzzing in buckwheat fields. The seeds of common buckwheat are smooth, triangular, and light grey to silver in colour. Its grey seeds are sometimes splotched with oblong or irregular dark spots, and the grains are sometimes black or more often brown.



Navadna ajda / Common buckwheat

OKOLJU IN UPORABNIKOM PRIJAZNO PRIDELOVANJE

Ajdo sejemo pozno spomladi, v drugi polovici maja ali junija, in taki ajdi pravimo prašna ajda. Posejemo okoli 60 do 80 kg semena na hektar. Kmetje pa radi sejejo ajdo po žetvi glavnega posevka, ječmena ali pšenice, to je v drugi polovici julija; tej ajdi pravimo strniščna ajda. Ajda sama s hitro rastjo preprečuje rast plevelov, zlasti plevelov, ki se množijo s semeni, in tako vzdržuje njive čiste. Ne prenese gnojenja, zlasti ne gnojenja z dušičnimi gnojili. Ker nima škodljivcev, tudi ni treba škropiti s pesticidi, zato je ajda zelo primerna za ekološko pridelavo. Če je njiva preveč pognojena, lahko tudi že od predhodne poljščine, ajda rada poleže. Radi jo imajo srnjad in zajci, ko zori, pa je vseč tudi ptičem. Če imamo le majhno njivo ajde, je škoda lahko velika, pri večjih njivah je škoda manj. V Sloveniji pridelujemo našo sorto 'Darja', ki je znana tudi zunaj Slovenije, na primer na Hrvaškem, v Italiji, Nemčiji in celo na Danskem.

Pri žetvi ne čakamo, da so popolnoma zrela vsa semena, kajti če čakamo predolgo, se prva zrela semena lahko že osipljejo. Požanjemo jo po presoji, ko sta zreli približno dve tretjini zrn, preostala zelena, a že napolnjena, pa se bodo tudi lepo posušila. Včasih so ajdo želi ročno ali s »snopovezalkami« in sušili snope v kozolcih. Zdaj jo žanjemo s kombajni, ki jih moramo prej temeljito očistiti, da v njih ni preostalih semen prejšnjih pridelkov, zlasti ječmena ali pšenice. Boben kombajna mora biti nastavljen na nekoliko počasnejšo hitrost, da lahko opazujemo in uravnavamo njegovo delovanje. Napaka, ki jo velikokrat naredijo manj izkušeni pridelovalci, je, da ajdo posejejo, ne da bi se prej dogovorili, kdo in kako jo bo potem požel in kako bodo pridelek takoj po žetvi posušili. Predvsem je pomembno, da ajdo takoj po žetvi, ta

ENVIRONMENT- AND CONSUMER-FRIENDLY CULTIVATION

Buckwheat is sown in late spring, in late May or in June, and such buckwheat is called »spring-sown buckwheat«. Sixty to eighty kg of seed is sown per hectare. Farmers also like to sow buckwheat after the main crop, barley or wheat, has been harvested, i.e. in late July, and such buckwheat is called »catch-crop buckwheat«. Thanks to its quick rate of growth, buckwheat itself inhibits the growth of weeds, especially those which are propagated by seed, and keeps fields clean. It does not tolerate fertilization, particularly with nitrogen fertilizers. As it attracts no pests, it does not need to be sprayed with pesticides, making it ideal for organic growing. If a field is overfertilized, even from a previous crop, buckwheat tends to lodge. Deer and rabbits find it tasty when in the process of ripening, as do birds. If a farmer only has a small field of buckwheat, damage can be great, while in larger fields, damage is limited. In Slovenia, a local variety called Darja is cultivated; the variety is also known elsewhere, e.g. in Croatia, Italy, Germany, even Denmark.

At the time of harvest, farmers do not wait for all the seeds to mature, as waiting too long means early grains may already fall off. It is only harvested when two thirds of the grains are mature, namely the ones that remain green but are already filled out will dry nicely as well. Buckwheat used to be harvested manually or using reaper-binders, and bundles were dried on hayracks. Nowadays, it is harvested using combines, which, however, must be thoroughly cleaned beforehand, so as not to contain residual grains of previous crops, particularly barley or wheat.

A frequent mistake of inexperienced farmers is to sow buckwheat without previously coming to an arrangement as to who is going to harvest it and how, as well as to how the crop is to be dried immediately following the harvest.

Navadna ajdova moka / Common buckwheat flour



Tatarska ajdova moka / Tartary buckwheat flour

je navadno v drugi polovici septembra ali v začetku oktobra, posušimo. S sušenjem preprečimo razvoj plesni, ki ne samo pokvari okus in vonj, ampak so tudi strupene. Že pred žetvijo se moramo dogovoriti z mlinarjem, da mu bomo požet pridelek ajde pripeljali in da ga bo takoj posušil v sušilnici. Manjše količine pridelka lahko za lastno uporabo posušimo na suhem lesenem podu (pridelek naj bo naložen največ 10 cm na debelo) in seme nekaj dni dvakrat na dan premečemo, da se enakomerno suši. Ko je že precej suho (okoli 15 odstotkov vlage), zadošča, da ga premečemo enkrat dnevno. Če vidimo, da je zrnje začelo plesniti ali ima celo zatehel vonj, je tako seme neuporabno. Tudi mlinarji ga ne sprejmejo, saj ena vreča zatehlega semena lahko okuži ves mlin in uniči nekaj ton sicer neokuženega zrnja. Predvsem pa je tak pridelek zaradi glivičnih strupov neužit in nevaren. To lahko preverimo tako, da seme za 3 do 4 ure namočimo in damo kaliti na več plasti vlažnih papirnatih prtičkov. Če bo seme po nekaj dneh rahlega vlaženja prtičkov začelo kaliti in ni plesni, je s takim zrnjem verjetno vse v redu. Pri uvoženih pridelkih ajde, zlasti pri tistih, ki so uvoženi od daleč, razvoj glivic in škodljivcev poskušajo preprečevati z obsevanjem z rentgenskimi žarki ali gama žarki. Nekatero sosednje države redno spremljajo, če je bilo uvoženo zrnje obsevano. Kjer te kontrole niso dovolj temeljite, tako kot na primer v Sloveniji, ne moremo zanesljivo vedeti, ali je seme neokuženo zaradi skrbne pridelave ali zaradi sevanja, ki zrnje sicer lahko sterilizira, a povzroča v živilih tudi neželene proste radikale. Tudi to je eden od razlogov, da se izogibamo od daleč pripeljanim pridelkom. Ko kupujemo, preverimo, od kod izvira zrnje. Ne zadošča, da je bilo zrnje zmleto v Sloveniji, najbolje je, da je tudi pridelano pri nas ali vsaj v kateri od bližnjih držav ali v Srednji Evropi.

It is particularly important for the buckwheat to be dried immediately after harvest, usually in late September and early October. Drying the crop thwarts the development of mould, which not only spoils the taste and aroma, but can also be poisonous. Even before the harvest, an agreement must be made with a miller, so that the buckwheat crop may be delivered to be dried by using drying equipment. Smaller quantities for personal consumption can be dried on dry wooden floors (the crop should not be piled more than 10 cm thick), turning the seed twice a day to ensure even drying. When the seed is dry enough (at about 15% moisture), turning it once daily suffices. If mould appears on the seeds, or perhaps even a stale odour, such seeds are useless. They are rejected by millers as a single bag of stale seed can be enough to infect the mill and destroy tons of otherwise uninfected grain. First and foremost, fungal toxins make such grain inedible and dangerous. We can check whether the seeds are fine by soaking them for 3 to 4 hours and then putting them to sprout on a number of layers of moist paper towels. If after a couple of days of moistening the towels the seeds sprout and do not mould, they are most probably good. In the case of imported buckwheat crop, particularly if it came from far away, the development of mould and pests is sometimes attempted to be prevented by x-ray or gamma ray irradiation. In some countries, the experts regularly monitor whether imported grains were irradiated, but in cases where such controls are not sufficiently thorough it cannot be known for sure whether seeds are uninfected thanks to diligent cultivation and drying or due to irradiation, which of course sterilises the grains but can also produce unwanted free radicals. This is one of the reasons why Slovenia avoids crops brought in from afar. The seeds' origins are verified before purchasing. It is not enough that the grains were milled in Slovenia – it is best they also grew here, or at least in one of the neighbouring countries or in Central Europe.



Strokovnjaka za »soba« rezance gospod Ukai (levo) in gospod Shiratori (desno) ter priprava »soba« rezancev.

/ Experts for »soba« Mr. Ukai (left) and Mr. Shiratori (right), and preparing »soba«.



Druga nevarnost pa je, da se včasih (predvsem pri uvoženi ajdi) pojavi strupen plevel kristavec. Ta ima drobna, temna, nekoliko sploščena semena, po velikosti podobna ajdi ali pa nekoliko manjša. Predvsem je treba paziti, da rastline kristavca, če ga opazimo na njivi (rastlina z velikimi belimi cvetovi), odstranimo, preden se razvijejo semena. V vsakem primeru pa je treba zrnje ajde, tako kot zrnje drugih pridelkov, pred mletjem temeljito očistiti, da odstranimo plevelna semena, morebitne kamenčke in morebitna semena ječmena ali pšenice. Ta se v pridelku pojavijo, če pred žetvijo kombajn ni bil dovolj temeljito očiščen.

SVEŽA AJDOVA MOKA

Velik del ajde zmeljemo, da dobimo moko. Poznamo enotno ajdovo moko, nekateri mlinci pa jo s presejevanjem ločijo na svetlo in temno. Več mineralnih snovi, vitaminov, beljakovin in antioksidantov je v enotni oziroma temni ajdovi moki. Nekateri izkušeni gospodinjice pa za potico ali druge posebne jedi želijo svetlo ajdovo moko, iz katere je testo pri valjanju nekoliko manj lepljivo. Sodobni potrošniki so nezaupljivi do svetle ajdove moke, bojijo se, da je primešana pšenična moka. A za tako goljufijo že dolgo nismo slišali, saj se da že z navadnim šolskim mikroskopom (po obarvanju z jodovico) ugotoviti, ali so v moki samo drobna ajdova škrobna zrna ali tudi veliko večja pšenična škrobna zrna. Pomembno pa je, kako ajdo meljemo; najboljša je mleta na počasne stare mlince na kamne. Tudi če meljemo sami doma, je bolje mleti na ročni mlinček kot na električni. Pri hitrem mletju se delci razdrobijo drugače kot pri počasnem, predvsem pa se razvije toplota, zaradi katere izhlapijo za dober okus po ajdi najbolj pomembne aromatske snovi.

Another danger is that there is a chance particularly in imported buckwheat of a toxic weed called jimsonweed. Jimsonweed (*Datura stramonium*) has small, dark, somewhat flattened seeds, similar in size to those of buckwheat or a little smaller. Special care should be taken to remove the jimsonweed plants should we notice them in the field (the plants have large white flowers), before seeds develop. In any case, buckwheat grains should be thoroughly cleaned before milling (as should any other grains), in order to remove any weed seeds, stones, and any barley or wheat seeds. The latter tend to turn up in the crop if the combine was not properly cleaned before the harvest.

FRESH BUCKWHEAT FLOUR

A major part of buckwheat is milled into flour. On the one hand, there is dark buckwheat flour, while some mills sieve it to separate light flour from dark flour. Whole-grain or dark flour is richer in minerals, vitamins, proteins, and antioxidants. However, some experienced bakers prefer to make potica and other special dishes with light buckwheat flour, as such dough tends to stick less during rolling. Consumers today are often suspicious of light buckwheat flour, fearing it has been mixed with wheat flour, although it has been a long time since we last heard of such a scam, as even an ordinary low-grade microscope is enough to determine (after iodine colouration) whether the flour consists only of the tiny starch grains of buckwheat or whether it also contains the larger starch grains of wheat.

It is, however, important, that buckwheat is milled correctly. It is best when it is milled slowly, with traditional millstones. When milling it at home, it is better to use a hand-cranked mill rather than an electric one. In fast milling, particles crumble in a way that is different from slow milling, but first and foremost, fast milling creates heat that causes the aromas which are



AJDOVE BOMBETKE

SESTAVINE:

UPORABIMO SESTAVINE ZA PREPOST AJDOV KRUH ALI TATARSKI AJDOV KRUH.

Testo razdelimo na manjše dele (50 g), oblikujemo v kroglico (hlebček) in odložimo na pomokan prtček, testo pokrijemo. Iz njega lahko izdelamo različne bombetke.

Hlebčke položimo na pekač in jih nekoliko sploščimo. Po 15 minutah testo zarežemo (naredimo križ na vrhu bombetke) in počakamo, da se zareze odpro. V zareze damo malo sira in rezino paprike.

Testo sploščimo, rahlo povaljamo, na sredino testa damo nadev (skuto z drobnjakom) in robove zatisnemo skupaj. Bombetke odložimo na pekač tako, da je zaključek spodaj, in pustimo vzhajati. Pred pečenjem bombetko dvakrat zarežemo, in ko se zareze odprejo, nadev rahlo izstopi.

Izdelke lahko pred peko premažemo z razžvrkljanim jajcem, ki mu dodamo žlico vode. Pečemo 5 minut pri 200 °C in 15 minut pri 180 °C.

BUCKWHEAT BUNS

INGREDIENTS:

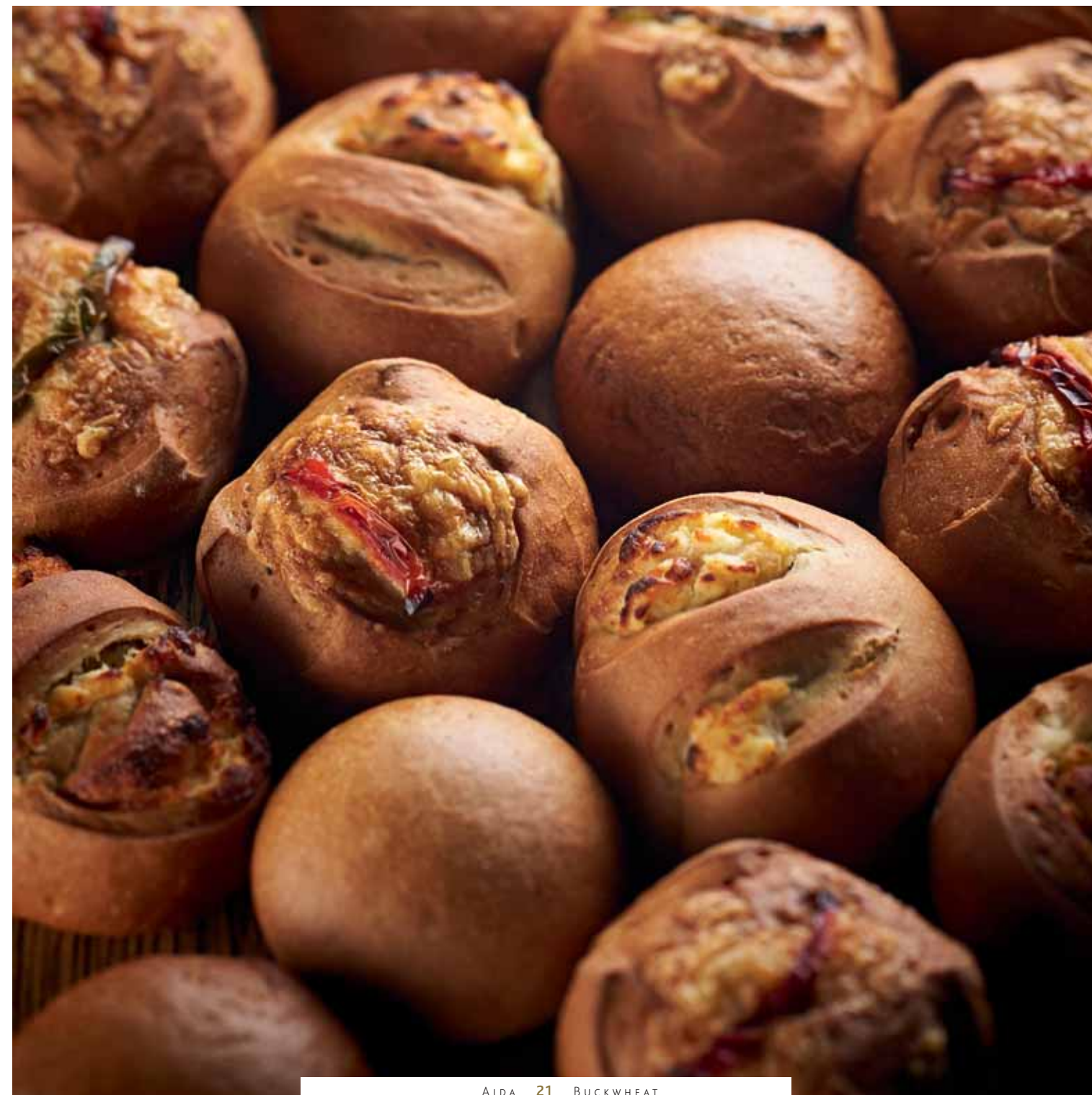
USE THE INGREDIENTS FOR SIMPLE BUCKWHEAT BREAD OR TARTARY BUCKWHEAT BREAD.

Split the dough into smaller portions (50 g), shape into balls (buns), and lay onto a floured napkin and cover. Use the dough portions to make buns of different shapes.

Put the buns onto a baking sheet and press them down slightly to flatten. After 15 minutes, cut a cross onto the top of the dough and wait for the cuts to open. Fill the cuts with a bit of cheese and a bell pepper slice.

Flatten the dough, roll slightly, place the filling (cottage cheese with chives) in the middle and press the edges together. Lay the buns on the sheet such that the folded parts are facing down, and leave to rise. Before baking, make two cuts into the roll. As the cuts open, some of the filling will come out.

You can brush the bread with a beaten egg mixed with a tablespoon of water before baking it. Bake 5 minutes at 200°C and then 15 minutes at 180°C.



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.



POPEČENI AJDOVI ŠIROKI REZANCI

SESTAVINE ZA REZANCE:

500 G NAVADNE ALI Tatarske AJDOVE MOKE
500 G PŠENIČNE OSTRE MOKE
1–2 JAJCI (50–100 G); PO ŽELJI – NI NUJNO
VODA

SESTAVINE ZA PEČENE REZANCE:

300 G KUHANIH AJDOVIH REZANCEV
100 G SUROVEGA MASLA
100 G SVEŽE NARIBANEGA PARMEZANA
100 G KUHANE VRATOVINE ALI PRŠUTA
100 G MOCARELE
1 ŽLICA DROBNO SESEKLJANEGA PETERŠILJA
100 G NAREZANIH JURČKOV
POPER, ČESEN, KUHANA AJDOVA KAŠA ALI DROBTINE ZA POSIP

V strojčku za izdelavo testenin zamesimo moko in vodo, lahko dodamo jajca. Testo stiskamo skozi model in naredimo široke rezance, ki so rahlo zelenkasto rjave barve (iz tatarske ajdove moke) ali sivkaste barve (iz navadne ajdove moke).

Testo lahko zamesimo tudi ročno, pri čemer dodamo ustrezno količino vode za ročno pripravo testa. Testo razvaljamo in pripravimo rezance, ki jih sušimo na mrežastih podlagah.

Vrelo vodo solimo, dodamo malo olja, rezance kuhamo 4 do 5 minut in jih odcedimo. Če kuhamo tatarske ajdove rezance, bo voda intenzivno rumena in se bo penila.

BUCKWHEAT PASTA BAKE

PASTA INGREDIENTS:

500 G COMMON OR TARTARY BUCKWHEAT FLOUR
500 G STRONG WHEAT FLOUR
1–2 EGGS (50–100 G); OPTIONAL
WATER

PASTA BAKE INGREDIENTS:

300 G COOKED BUCKWHEAT PASTA
100 G BUTTER
100 G FRESHLY GRATED PARMESAN CHEESE
100 G BOILED PORK NECK OR PROSCIUTTO
100 G MOZZARELLA CHEESE
1 TABLESPOON FINELY CHOPPED PARSLEY
100 G SLICED PORCINI MUSHROOMS
PEPPER, GARLIC, AND COOKED BUCKWHEAT GROATS OR BREADCRUMBS FOR SPRINKLING

Use a pasta machine to mix flour and water and, optionally, eggs. Feed the dough through the appropriate attachment to make pasta, which are either slightly greenish-brown (with Tartary buckwheat flour) or greyish (with common buckwheat flour).

You can also mix the dough manually, in which case you should add the appropriate amount of water for the dough to be pliable. Roll out the dough and make ribbons, then dry these on a mesh surface.

Boil water and add salt and a bit of oil, boil the pasta for 4 to 5 minutes, drain. If you are boiling Tartary buckwheat pasta, the water will be intensely yellow and foamy.



Pekač namažemo z maslom in potresemo s kuhano ajdovo kašo ali drobtinami. Vanj položimo na koščke narezano vratovino. Kuhane rezance premešamo z maslom, na koščke narezano mocarelo, začimbami in jih damo v pekač. Nanje položimo predhodno na česnu popečene rezine jurčkov in potresemo s parmezanom. Na hitro jih popečemo v močno ogreti pečici.



Butter a baking pan and sprinkle it with cooked buckwheat groats or breadcrumbs. Add pieces of sliced pork neck. Mix cooked pasta with butter, cubed mozzarella cheese, and spices and add them to the baking pan. Cover with sautéed porcini slices and garlic and sprinkle with parmesan cheese. Bake for a few minutes in a very hot oven.

JAGODNA AJDOVA RULADA

SESTAVINE:

100 G Tatarske ajdove moke ali navadne ajdove moke
100 G sladkorja
4 jajca (200 g)
1 vaniljev sladkor (10 g)
naribana lupina 1 pomaranče (bio)

SESTAVINE ZA NADEV:

250 ml mineralne vode
250 ml jagodnega soka
100 g sladkorja
45 do 50 g jagodnega pudinga
100 g jagod

Pekač namažemo z maslom in posujemo z moko ali pokrijemo s papirjem za peko. Beljake stepemo v trd sneg in jim postopoma primešamo sladkor ter dodamo rumenjake, razmešane z vaniljevim sladkorjem. V maso iz rumenjakov in beljakov postopoma presejemo moko. Mešamo s privzdigovanjem kuhavnice ali metlice od spodaj navzgor. Delamo dolge gibe, da dosežemo rahlost mase. Pečemo 20 do 30 minut pri temperaturi 200 °C. Jagode operemo in razrežemo na male kose. Skuhamo puding in še vročega premažemo po pečenem testu ter posujemo z jagodami. Testo zvijemo in znova posujemo s sladkorjem v prahu ali premažemo s sladko smetano in okrasimo z jagodami. Po želji lahko zamenjamo okuse glede na letni čas.

STRAWBERRY BUCKWHEAT SWISS ROLL

INGREDIENTS:

100 G TARTARY BUCKWHEAT OR COMMON BUCKWHEAT FLOUR
100 G SUGAR
4 EGGS (200 G)
10 G VANILLA SUGAR
GRATED PEEL OF 1 ORANGE (ORGANIC)

FILLING INGREDIENTS:

250 ML MINERAL WATER
250 ML STRAWBERRY JUICE
100 G SUGAR
45 TO 50 G STRAWBERRY PUDDING
100 G STRAWBERRIES

Grease a baking sheet with butter and sprinkle with flour or cover it with parchment paper. Beat the egg whites until stiff peaks form, gradually adding sugar. Then mix in the egg yolks that have been beaten together with vanilla sugar. Gradually sift the flour into the mixture of egg yolks and whites. Mix by bringing the wooden spoon or spatula from the bottom up. The motions should be extended in order to make the batter light. Bake for 20 to 30 minutes at 200°C. Wash the strawberries and dice them finely. Cook the pudding, spread it over the baked dough before it cools down, and drop the strawberries all over. Roll up the dough and again dust with powdered sugar or brush with heavy cream and decorate with strawberries. Other flavours can be made, as you like, to fit the season.



KRHKI FLANCATI IZ Tatarske ali navadne ajde

SESTAVINE:

140 G Tatarske ajdove moke (ali 140 G navadne ajdove moke, ki jo poparimo z vročim vinom)

140 G pšenične bele moke TÍP 500

3 rumenjaki (60 g)

5 žlic vina (približno)

1 žlica sladkorja

50 g surovega masla

1 žlička ruma

ščeP soli

Iz sestavin zgnetemo čvrsto testo in ga na tanko razvaljamo. Izrežemo pravokotnike, ki jih po sredini dvakrat ali večkrat zarežemo in zunanje trakove povlečemo skozi sredino, rahlo stisnemo v krog ter takoj damo v vrelo olje.

Lahko oblikujemo tudi različno velike narezljane kroge, jih polagamo enega na drugega, v sredini stisnemo proti dnu, zlepimo in takoj spečemo. V olju nastanejo cvetovi. Flancate odcedimo in posujemo s sladkorjem v prahu, ki mu po želji dodamo cimet, vaniljev sladkor ...

Flancate hranimo v zaprti škatli, ki ne oddaja nobenih vonjev.

TARTARY OR COMMON BUCKWHEAT FLANCATI

INGREDIENTS:

140 G TARTARY BUCKWHEAT FLOUR (OR 140 G COMMON BUCKWHEAT FLOUR SCALDED WITH HOT WINE)

140 G WHITE WHEAT FLOUR (TYPE 500)

3 EGG YOLKS (60 G)

5 TABLESPOONS COOKING WINE (APPROXIMATELY)

1 TABLESPOON SUGAR

50 G BUTTER

1 TEASPOON RUM

1 PINCH SALT

Mix the ingredients into a firm dough and roll it out thin. Cut out rectangles, then cut these twice or more times down the middle and pull the outer ribbons through the hole in the middle, lightly press to connect, then place the *flancati* immediately into boiling oil.

You could also form different-sized circles with cuts in the edges, place them one upon the other, press towards the bottom in the middle to join them together, and again fry immediately. Once in hot oil, these shapes turn into flowers.

Drain the *flancati* and dust with powdered sugar mixed, if desired, with cinnamon, vanilla sugar, etc.

Keep the angel *flancati* in a closed box that does not smell.



AJDOVA KREMA V KOZARCU

SESTAVINE ZA PRVO KREMO:

100 G Tatarske ajdove kaše (kuhamo v 500 ml vode)
400 ml mleka
40 g škroba ali pudinga
20 g medu (ali po želji)
1 jajce (50 g)
strok vanilje ali vaniljev sladkor
200–300 g stepene sladke smetane

Ajdovo kašo kuhamo v vodi do mehkega, odcedimo in zdrobimo s paličnim mešalnikom. Nekaj tekočine od kuhanja kaše lahko uporabimo namesto mleka. Rumenjak, škrob, med in malo hladnega mleka zmešamo in zakuhamo v preostalo vrelo mleko. Med mešanjem maso prevremo in primešamo sneg iz beljaka. Primešamo pretlačeno ajdovo kašo, ohlajeni masi pa še stepeno smetano.

SESTAVINE ZA DRUGO KREMO:

50 g navadne ajdove kaše (kuhamo v 250 ml mleka)
250 g skute
1 žlica medu (ali po želji)
250 g sadja (kaki, granatno jabolko, jagode, breskve, marelice ...)
limonin sok
200–300 g sladke smetane

Ajdovo kašo skuhamo v mleku in odcedimo. Penasto zmešamo skuto, sladkor in limonin sok. Dodamo kuha-

BUCKWHEAT CREAM IN A JAR

INGREDIENTS FOR CREAM 1:

100 G TARTARY BUCKWHEAT GROATS (COOKED IN 500 ML OF WATER)
400 ML MILK
40 G STARCH OR PUDDING POWDER
20 G HONEY (OR MORE OR LESS IF DESIRED)
1 EGG (50 G)
1 VANILLA POD OR VANILLA SUGAR
200–300 G WHIPPED CREAM

Cook buckwheat groats in water until soft, then drain and blend with a hand blender. You can replace some of the milk with the buckwheat cooking liquid. Stir together the egg yolk, starch, honey, and a bit of cold milk and mix into the rest of the milk, which had previously been brought to the boil. Keep stirring, bring back to the boil, and then add the beaten egg white and mix. Mix in the blended buckwheat groats, let cool and then add the whipped cream.

INGREDIENTS FOR CREAM 2:

50 G COMMON BUCKWHEAT GROATS (COOKED IN 250 ML OF MILK)
250 G COTTAGE CHEESE
1 TABLESPOON HONEY (OR MORE OR LESS IF DESIRED)
250 G FRUIT (PERSIMMON, POMEGRANATE, STRAWBERRIES, PEACH, APRICOTS, ETC.)
LEMON JUICE
200–300 G HEAVY CREAM

Cook the buckwheat groats in milk and drain. Beat the cottage cheese, sugar, and lemon juice until fluffy. Add



no ajdovo kašo. Stepemo sladko smetano in jo narahlo primešamo k skutni ajdovi kremi in dodamo sadje. Kremi nadevamo v kozarce in ponudimo ohlajeni. Lahko naredimo tudi kombinacijo obeh. Krema obogatimo s poljubnim sadjem in okrasimo s sladko smetano.

the cooked buckwheat groats. Whip the heavy cream, gently fold it into the cottage cheese and buckwheat cream, and then add fruit.

Pour the creams into separate jars and serve cool, or you can combine the creams into one. Dress up the cream with fruit as you like and decorate with cream.