

# KAZALO / INDEX

SIMBOL PREŽIVETJA IN VREDNOTA SODOBNOSTI / A SYMBOL OF SURVIVAL AND A VALUE OF CONTEMPORANEITY 6

BREZ MOKE NI KRUHA / CHOSING THE FLOUR 12

KRUŠNE VRSTE MOKE / TYPES OF BREAD FLOUR 12

NEKRUŠNE VRSTE MOKE / OTHER TYPES OF FLOUR 16

NAJ VZHAJA / LET IT RISE! 18

KVAS / YEAST 18

KVASEC ALI KVASNI NASTAVEK / YEAST STARTER 20

KVASNO-SOLNA EMULZIJA / YEAST AND SALT EMULSION 20

SUHI KVAS / DRY YEAST 21

DROŽI / LEFTOVER DOUGH 21

KISLO TESTO / SOURDOUGH 22

KAKO LAHKO SAMI BOLJ PREPROSTO PRIPRAVIMO KISLO TESTO? / HOW TO MAKE A SIMPLER SOURDOUGH? 22

FERMENT / FERMENT 24

RECEPTI / RECIPES 25

AJDOV KRUH Z OREHI / BUCKWHEAT BREAD WITH WALNUTS 26

RŽENI KRUH / RYE BREAD 28

GRAHAM KRUH / GRAHAM BREAD 30

MAKOV KRUH / POPPY SEEDS BREAD 32

ČEBULNI KRUH S POPROM / ONION BREAD WITH PEPPER 34

ČESNOV KRUH / GARLIC BREAD 36

KMEČKI PIKANTNI KRUH / CRACKLINGS BREAD 38

FIŽOLOV KRUH / BEAN BREAD 40

GOBOV KRUH / MUSHROOM BREAD 42

KRUH Z AJDOVO KAŠO / TRADITIONAL BREAD WITH BUCKWHEAT GROATS 44

KRUH Z BUČNIMI SEMENI / BREAD WITH PUMPKIN SEEDS 46

ŽEMLJE / BREAD ROLLS 48

KORUZNI KRUH / CORN BREAD 50

KRUH Z BAZILIKO / BREAD WITH BASIL 52





MLEČNI KRUH / SWEET MILK BREAD	54
KMEČKI KRUH / TRADITIONAL COUNTRY BREAD	56
KROMPIRJEV KRUH / POTATO BREAD	58
KRUH S ČRNIMI OLJKAMI / BREAD WITH BLACK OLIVES	59
VINSKI KRUH / WINE BREAD	60
SLANIKI / SALTY STICKS	62
VRTANEK / EASTER BREAD – VRTANEK	64
JUBILEJNI KRUH / JUBILEE BREAD	66
PLETENICA / BREAD PLAIT	68
PIRIN KRUH / SPELT BREAD	70
BELI KRUH / WHITE BREAD	72
PEHTRANOV KRUH / TARAGON BREAD	74
PŠENIČNI KRUH Z ZASEKO IN ZELIŠČI / WHEAT BREAD WITH MINCED LARD AND HERBS	76
PŠENIČNI ZELIŠČNI HLEBČKI / WHEAT HERBAL LOAVES	78
KMEČKI KRUH Z DROŽMI / RUSTIC BREAD WITH LEFTOVER DOUGH	80
KONOPLJIN KRUH / HEMP BREAD	82
GRAHOV KRUH / PEA BREAD	84
KORENČKOV KRUH / CARROT BREAD	86
OCVIRKOV KRUH / CRACKLINGS BREAD	88
KRUH Z ŽAFRANIKO / SAFFLOWER BREAD	90

### BREZGLUTENSKE VRSTE KRUHA / GLUTEN-FREE BREADS

NAVADEN BREZGLUTENSKI KRUH / ORDINARY GLUTEN-FREE BREAD	94
MEŠAN BREZGLUTENSKI KRUH Z OLJKAMI / GLUTEN-FREE OLIVE BREAD	96
AJDOV BREZGLUTENSKI KRUH / BUCKWHEAT GLUTEN-FREE BREAD WITH POTATO S KROMPIRJEM	98

### KRUH IZ KRUHOMATA / BREAD MAKER BREAD

SONČNIČNI POLNOZRNATI KRUH / WHOLEGRAIN SUNFLOWER BREAD	102
PIRINO-RŽENI KRUH A SEZAMOM IN LANENIMI SEMENI / SPELT AND RYE BREAD WITH SESAME AND LINSEED	104
BUČNI KRUH / PUMPKIN BREAD	106

### BREZGLUTENSKI KRUH IZ KRUHOMATA / BREAD MAKER GLUTEN-FREE BREAD

BREZGLUTENSKI KRUH / GLUTEN-FREE BREAD	108
BREZGLUTENSKI KRUH S SEMENI / GLUTEN-FREE BREAD WITH SEEDS	110

### KRUŠNO PECIVO IZ KRUHOMATA / BREAD MAKER BREAD PASTRY

TESTO IZ KRUHOMATA / BREAD MAKER DOUGH	112
BOMBETE Z OLJKAMI IN SLANINO / OLIVES AND BACON BUNS	114
ROŽMARINOVİ VOZLIČKI / ROSEMARY KNOTS	116
NADEVANI KRUŠNI ČOLNIČKI / STUFFED BREAD POCKETS	118



# BREZ MOKE NI KRUHA

Moka nastane pri mletju žit. Med krušne vrste moke štejemo tiste, iz katerih lahko samostojno zamesimo testo in spečemo kruh. Vsebujejo v vodi netopne snovi. Pri pšenični moki so to netopne beljakovine – lepek, pri rženi pa sluzne snovi – pentozani. Ostalim nekrušnim vrstam moke pa moramo pri zamesitvi primešati krušno moko. Tip moke določimo po vsebnosti mineralnih snovi – pepela, ki ostane pri laboratorijskem sežigu 100 g moke. Če torej pri sežigu ostane približno 500 mg pepela oziroma mineralnih snovi, je takšna moka tipa 500. Enotni standardni tipi pšenične moke so 500, 850, 1100 in 1800; enotni tipi ržene moke pa so 750, 950 in 1250. Moka vsebuje največ škroba, kar 70 %.

## KRUŠNE VRSTE MOKE

### PŠENIČNA BELA MOKA TIP 500

Zmleta je iz jedra žitnega zrna, ki vsebuje obilo škroba in najboljše beljakovine. Prav te omogočajo lepše oblikovanje testa in pri peki vsakokrat zagotovijo uspeh. Iz bele moke spečemo kruh z rahlo, mehko in prijetno sredico.

# CHOOSING THE FLOUR

Flour is obtained by milling cereals. Bread flours are those types of flours that can be kneaded into bread dough. Flours are made of substances insoluble in water. In wheat flour these substances are proteins – gluten, in rye flour the slimy substances – pentosanes.

Bread flour has to be added to other types of flour when kneading bread dough. The type of flour is determined by its content of minerals – ash residue after laboratory burning of 100 g of flour. If the residue contains 500 mg of mineral content – ashes, the flour is of type 500. Standard types of wheat flour (in Slovenia) are 500, 850, 1100, 1800, and of rye flour 750, 950, 1250.

Approximately 70 % of flour is starch.

## TYPES OF BREAD FLOUR

### WHITE WHEAT FLOUR TYPE 500

Ground from the grain kernels that contain a lot of starch and best quality proteins. The latter enable the dough to be molded and assure success at baking. Bread made with white flour is soft and has a nice and tender crumb.

#### POLBELA PŠENIČNA MOKA TIP 850

Je temnejša moka, ker poleg jedra vsebuje tudi obrobne dele pšeničnega zrna. V primerjavi z belo pšenično moko je bogatejša z beljakovinami, vlakninami, minerali in vitamini. Še temnejši in bogatejši moki sta črna pšenična moka tip 1100 in črna pšenična moka tip 1600, vendar ju ni na prodaj.

#### OSTRA BELA PŠENIČNA MOKA

V primerjavi z običajno moko je bolj grobo mleta. Uporabljamo jo za pripravo biskvitnega ali krompirjevega testa ter za palačinke, ko želimo imeti bolj rahlo testo. Vsebuje le sestavine iz osrednjega dela pšeničnega zrna, zato ima izrazito belo barvo.

#### POLNOZRNATA PŠENIČNA MOKA – GRAHAM

Po vsebnosti mineralov in vlaknin je prehransko bogatejša moka iz celega zrna. Vsebuje vitamine iz skupine B in vitamine A, K, E, beljakovine, rudnine in nenasičene maščobne kisline.

#### POLNOZRNATA PIRINA MOKA

Pira je stoletja pomenila osnovno in edino vrsto pšenice. Pirina moka vsebuje sestavine celotnega zrna pire, torej veliko vlaknin in mineralov, večjo količino beljakovin kot običajne vrste pšenične moke ter nekatere vitamine.

#### BELA RŽENA MOKA TIP 750

Ima značilno temnejšo barvo ter izrazit, poln okus. V primerjavi s pšenično moko vsebuje veliko več mineralov in vitaminov. Odlična je za pripravo rženega kruha in medenjakov. Iz rženega zrnja je pri mletju mogoče pridobiti polbelo rženo moko tip 950 in črno rženo moko tip 1600.

#### SEMI-WHITE WHEAT FLOUR TYPE 850

This type of flour is darker in color as it also contains peripheral parts of wheat grains. In comparison to the white wheat flour, it is richer in proteins, fibers, minerals and vitamins. Brown wheat flour types 1100 and 1600 are even darker and richer in content, but are not commonly available in the market.

#### ALL-PURPOSE WHEAT FLOUR

Compared to other types, this flour is ground more roughly. It is used for biscuits or potato doughs and pancakes, because they require a softer dough. It is made of the middle part of the wheat grain only and has a distinctive white appearance.

#### WHOLEGRAIN FLOUR

Containing the most minerals and fibers, this flour is made of the whole grain and is nutritionally the richest. It contains vitamins B, A, K and E, proteins, minerals and unsaturated fatty acids.

#### WHOLEGRAIN SPELT FLOUR

Spelt was the basic and only kind of wheat for centuries. Spelt flour contains the ingredients of the entire spelt grain, hence a lot of fibers and minerals, a larger percentage of proteins than the usual types of wheat flour and some vitamins.

#### WHITE RYE FLOUR TYPE 750

Of a characteristic darker color and a distinctive full flavor, this flour contains more minerals and vitamins than wheat flour. It is excellent for preparing rye bread and honey cakes.

Rye grain can also be milled into semi-white rye flour type 950 and brown rye flour type 1600.

## KRUH Z ŽAFRANIKO

## SAFFLOWER BREAD

### SESTAVINE:

1 kg bele moke  
1 kozarček žafranike  
100 ml olja  
40 g kvasa  
20 g soli  
približno 500 ml mlačne vode  
dodamo lahko 10 g sladkorja  
**Sredstvo za vzhajanje:** namesto kvasa in soli lahko uporabimo kvasno-solno emulzijo.

### POSTOPEK:

Žafraniko namočimo v 100 ml vroče vode in ohladimo. Primešamo jo moki, dodamo vodo, olje ter sredstvo za vzhajanje. Zamesimo srednje gosto testo, dvakrat vzhajamo, pregnetemo, oblikujemo, še enkrat vzhajamo, zarezemo in spečemo.

**Zamesitev:** neposredna.

**Začetna temperatura pečenja:** pečica 220 °C, ventilacijska 200 °C, plinska pečica naj bo na stopnji 5.

**Čas peke:** približno 40 minut; če testo oblikujemo v štiri hlebčke ali štručke, pečemo le 25 minut.

Priporočamo uporabo pare, tako da z razpršilko v začetku peke večkrat poškrpimo vročo peč.

### INGREDIENTS:

1 kg white flour  
1 bottle safflower  
100 ml oil  
40 g yeast  
20 g salt  
approx. 500 ml lukewarm water  
10 g sugar (optional)  
**Leavening agent:** instead of yeast and salt we can use yeast and salt emulsion.

### PROCESS:

Soak safflower in 100 ml of hot water and let cool. Add safflower to the flour and mix with water, oil, leavening agent and salt. Knead into moderately thick dough, let rise twice, knead over, shape into a loaf, let rise again, make incisions and bake.

**Kneading:** direct.

**Start temperature:** classic oven 220 °C, fan oven 200 °C, gas oven level 5.

**Baking time:** approx. 45 minutes; but only 25 minutes if dough is shaped into four loaves.

Spraying hot oven with water at the beginning of baking is recommended.

