



PUMOVI
v v
ZELIŠČNI
RECEPTI



RECEPTI



PUMS HERBAL RECIPES

Grundtvig učna partnerstva
Connecting Generations

PUMOVI
V V
ZELIŠČNI
RECEPTI



PUMS HERBAL RECIPES

Projektno učenje za mlajše odrasle (PUM) Tolmin
(Project learning for young adults (PUM) Tolmin)

Tolmin, maj 2013



"Izvedba tega projekta je financirana s strani Evropske komisije. Vsebina publikacije (komunikacije) je izključno odgovornost avtorja in v nobenem primeru ne predstavlja stališč Evropske komisije."

"This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Grafični elementi programa VŽU so na voljo tudi na spletnih straneh Evropske komisije.

KAZALO

CONTENTS

1. ZDRAVILNE RASTLINE IN ZELIŠČA TER NJIHOVA UPORABA V KUHINJI / MEDICINAL PLANTS AND HERBS AND THEIR USE IN THE KITCHEN

BEZEG/ELDER.....	4
ČEMAŽ / RAMSONS	5
SMREKOVI VRŠIČKI / SPRUCE TIPS	5

2. RECEPTI / RECIPES

2.1 SIRUPI / SYRUPS	6
LIMONIN SIRUP / LEMON SYRUP	7
MELISIN SIRUP / BALM MINT SYRUP	8
SIRUP IZ SMREKOVIH VRŠIČKOV / SPRUCE TIPS SYRUP	9
2.2 JEDI / DISHES	10
ČEMAŽEV SKUTNI NAMAZ / RAMSONS WITH COTTAGE CHEESE	11
PESTO IZ ČEMAŽA / RAMSONS PESTO	12
ČEMAŽEV KRUH / RAMSONS BREAD	13
PEHTRANOVI ŠTRUKLJI / TARRAGON ROLLED DUMPLINGS	14
JOGURTOVO PECIVO Z METO / YOGHURT PASTRY WITH MINT	15
JANEŽEVI UPOGNJENCI / ANISEED COOKIES	16
NAMAZ IZ SKUTE IN KUMINE / COTTAGE CHEESE WITH CUMIN	17
SKUTNI NAMAZ Z DROBNJAKOM / COTTAGE CHEESE WITH CHIVES	18
PECIVO S PEHTRANOM / PASTRY WITH TARRAGON	19

SMREKOVİ VRŠIČKI

SPRUCE TIPS

UPORABNI DELI: Mladi brstiči – poganjki in dorasle iglice

ČAS POBIRANJA: Od maja do junija

RASTIŠČE: Iglasti in mešani gozdovi od nižine pa vse do zgornje gozdne meje

ZDRAVLNI UČINKI: Sirup iz smrekovih vršičkov lajša kašelj in zdravi prehlad. Vsebuje veliko vitamina C, zato krepi odpornost, poživlja in preganja utrujenost. Pomaga tudi pri krvavitvi dlesni in čiščenju krvi.



USABLE PARTS: *Young buds and adult spruce needles*

HARVEST TIME: *From May to June*

LOCATION OF SITES: *Coniferous and mixed forests from plains all the way to the upper limit of the forest*

THERAPEUTIC EFFECTS: *Spruce syrup alleviates cough and treats cold. Because of its richness in vitamin C, it strengthens the body's immunity and reinvigorates. It also treats bleeding and cleans the blood.*

Vir/Source: <http://www.trebnik.com/?id=92> (12. 3. 2013), http://vizita.si/clanek/zdravil_z/smrekovi_vrsicki.html



ČEMAZ

RAMSONS

UPORABNI DELI: Uporabljamo sveže nabrane rastline (ki še ne cvetijo) in čebulice.

ČAS POBIRANJA: Od aprila do junija

KRAJ RASTIŠČA: Senčni, vlažni listnati gozdovi

ZDRAVLNI UČINKI: Pomaga pri želodčnih in prebavnih težavah.

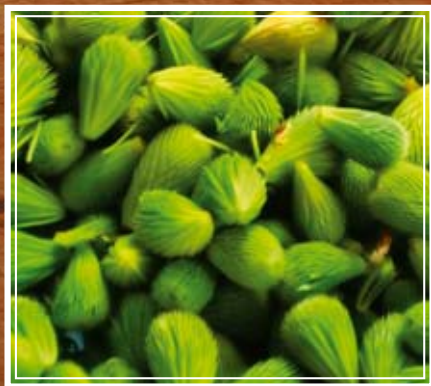


USABLE PARTS: *We use freshly gathered plants (before it starts flowering) and bulbs*

HARVEST TIME: *From April to June*

HABITAT: *Shady, moist deciduous forests*

THERAPEUTIC EFFECTS: *Helps with stomach and digestive problems*



Vir/Source: prevedla Petra Piber, Zdravilna zelišča in dišavnice. Tržič. Učila International, 2008

2.

RECEPTI **RECIPES**

2.1 SIRUPI **SYRUPS**



LIMONIN SIRUP

LEMON SYRUP



SESTAVINE (INGREDIENTS):

- 7 l vode (7 l of water)
- 1 kg ekoloških limon (1000 g of bio lemons)
- 10 vrečk citronske kisline (10 packets of citric acid)
- 5 kg sladkorja (5000 g of sugar)



Navodila:

Vodo zavremo in ohladimo. V ohlajeno vodo damo na rezine narezane limone (z lupino vred, zato jih prej dobro operemo) in jih namakamo 24 ur. Nato z rokami limone dobro stisnemo (da iztisnemo sok) in precedimo skozi gosto cedilo. V precejeno tekočino dodamo citronsko kislino in sladkor. Dobro premešamo, da se sladkor in citronska kislina raztopita. Nalijemo v čiste steklenice.

Citronska kislina je konzervans, zato je sirup dolgo obstojen.

Poljubno ga redčimo z vodo, radensko ...

Instructions:

Boil the water and let it cool. Put slices of lemon into cool water (you have to wash the lemons really well before slicing them) and leave them in the water for 24 hours. Afterwards, squeeze the lemons by hand and filter the water. Add sugar and citric acid. Mix it really well so that the sugar melts. Put the syrup into clean bottles. Citric acid is a preservative, enabling the syrup to last longer.

You can mix the syrup with water or mineral water.

Vir/Source: <http://www.kulinarika.net/recepti/11154/napitki/limonin-sirup/>



MELISIN SIRUP

BALM MINT SYRUP

SESTAVINE (INGREDIENTS)

- 3 kg sladkorja (3000 g of sugar)
- 3 l vode (3 l of water)
- zajeten šop melise (bunch of balm mint)
- 100 g citronske kisline (100 g of citric acid)

Priprava:

Meliso očistimo vseh rjavih listov in operemo ter narežemo skupaj s stebli. Sladkor raztopimo v vodi in zavremo, odstavimo in pustimo stati 5 minut. Nato dodamo meliso, premešamo in pokrito pustimo stati 24 ur. Naslednji dan pijačo precedimo in primešamo 100 g citronske kisline. Nalijemo v čiste steklenice.

Instructions:

Remove any brown leaves from balm mint, wash it and chop it up. Melt sugar in water and boil it. Leave it for 15 minutes. Add balm mint, mix and cover with a dish towel. Leave the syrup for 24 hours. Filter it the next day and add citric acid. Put it into clean bottles.

SIRUP IZ SMREKOVIH VRŠIČKOV

SPRUCE TIPS SYRUP

Priprava:

Naberemo mlade smrekove vršičke. V kozarec za vlaganje naložimo plast rjavega sladkorja (še bolje medu), plast vršičkov, plast sladkorja itd. Zadnja plast naj bo sladkor. Zapremo s pokrovčkom in postavimo na sonce. Ko se sladkor nekoliko stopi, vsebino premešamo, da se sladkor ne sprime. Ker se vsebina skrči, lahko pozneje dodamo še nekaj plasti sladkorja in vršičkov. Na soncu pustimo vsaj 1 mesec. Nato precedimo in hranimo v hladnem in temnem prostoru.

Instructions:

Pick young spruce tips. For preparing the syrup, use a jar. First put a layer of sugar (you can also use brown sugar or honey), then a layer of spruce tips, then again a layer of sugar and so on. The last layer has to be sugar. Close the jar really tightly and place it in direct sunlight. When the sugar melts a little, mix it so that the sugar doesn't become sticky. Because the mixture shrinks, you can add a few layers of sugar and tips. Place it somewhere under direct sunlight and leave it for one month. After one month, filter the syrup and put it somewhere cold.

Vir/Source:<http://www.zenska.si/zdravje/zdravo-zivljenje/najboljsi-domaci-sirupi-proti-kaslju/>





2.2

JEDI **DISHES**

ČEMAŽEV

SKUTNI NAMAZ

RAMSONS WITH COTTAGE CHEESE



SESTAVINE (INGREDIENTS):

- 500 g nepasirane skute (*500 g of cottage cheese*)
- 1 kislá smetana (*1 sour cream*)
- 1 šopek čemaža (*1 bunch of ramsons*)
- sok 1/2 limone (*juice of ½ lemon*)
- sol (*salt*)
- poper (*pepper*)

Navodila:

Čemaž seseklamo in zmešamo z drugimi sestavinami.

Instructions:

Chop up the ramsons and mix it with all the other ingredients.





PESTO IZ ČEMAŽA

RAMSONS PESTO

SESTAVINE (INGREDIENTS):

- 100 g čemaža (*100 g of ramsons*)
- 5 žlic pinjol (*5 TBSP of pine nuts*)
- 5 žlic parmezana (*5 TBSP of parmesan*)
- oljčno olje (*olive oil*)
- sol (*salt*)
- poper (*pepper*)



Navodila:

Pinjole kratko popražimo v ponvi (brez maščobe) in jih zmeljemo v mešalniku oziroma zdrobimo v možnarju. Dodamo čemaž in nariban parmezan ter po potrebi dolijemo toliko olivnega olja, da dobimo gladko zmes. Po okusu začínimo s soljo in poprom. Omaka za testenine je pripravljena.

Instructions:

Put the pine nuts into a pan and fry them without any extra oil. Grind fried pine nuts in a mixer or mortar. Add ramsons and grated parmesan, mix everything together and add olive oil, if necessary. Season with salt and pepper. The pesto sauce for pasta is ready.

ČEMAŽEV KRUH

RAMSONS BREAD



SESTAVINE (INGREDIENTS)

- 500 g moke (500 g of flour)
- 500 ml mlačne vode (500 ml of warm water)
- malo olja (a little bit of oil)
- zavitek (42 g) kvasa (pack of yeast (42 g))
- malo soli (a little bit of salt)

NADEV (FILLING)

- 5 jedilnih žlic čemaževega pesta ali svežega nasekljanega čemaža (5 TBSP of ramsons pesto or freshly chopped ramsons)
- 2 jedilni žlici kisle smetane (2 TBSP of sour cream)

Priprava testa

Vse sestavine zmešamo v homogeno maso in dobro pregnetemo. Pustimo, da vzhaja na dvakratno količino. Nato položimo na pomokan prt in razvaljamo v obliko pravokotnika, testo pa naj bo debelo cca 1 cm.

Dough

Mix all ingredients into a dough and knead it thoroughly. Leave it to rest for

a while. Put the dough on a floured tablecloth and roll it out in a square shape. The rolled dough should be 1 cm thick.

Nadev

V skodelici zmešamo čemaž in kislo smetano. Zmes namažemo na razvaljano testo nekaj cm od roba. Nato s pomočjo prta zvijemo v tesno rulado in položimo v pekač.

Filling

Mix ramsons with sour cream and spread it throughout the dough. Roll it out and make a roll (use tablecloth) and put it in a baking tin.

Peka

Zavitek premažemo s stopljenim maslom in prebodemo s paličico za ražnjiče. Pečemo pribl. 45 minut na 220 stopinjah.

Baking

Spread melted butter over the dough and prick it with a skewer. Bake it approx. 45 minutes at 220°C.

Vir/Source:http://www.ringaraja.net/kuharska-druzina-meseaca/recepti/cemažev-kruh_1027.html

PEHTRANOVI V ŠTRUKLJI

TARRAGON ROLLED DUMPLINGS

SESTAVINE (INGREDIENTS):

- 3 šopki pehtrana
(3 bunches of tarragon)
- 100 g sladkorja
(100 g of sugar)
- 2,5 dl sladke smetane
(2.5 dl sweet cream)
- 3 jajca (3 eggs)
- 3 žlice zdroba
(3 TBSP of groats)
- 10 g masla (10 g of butter)
- 25 g drobtin (25 g of
breadcrumbs)

TESTO (DOUGH):

- 500 g moke (500 g of flour)
- 1 jajce (1 egg)
- 2 žlici olja (2 TBSP of oil)
- 1 žlica limoninega soka ali
kisa (1 TBSP of lemon juice
or vinegar)
- 1 ščepec soli (pinch of salt)

Priprava:

Iz moke, jajca, soli, mlačne vode in limoninega soka ali kisa zamesimo vlečeno testo. Iz testa oblikujemo kepo, jo dobro namažemo z oljem in pustimo počivati pol ure.

Pripravimo nadev: sladkor stepemo z jajci, nato vmešamo sladko smetano in zdrob. Pehtran oplaknemo pod tekočo vodo, osušimo, osmukamo in drobno nasekljamo. Na kuhalnik pristavimo velik lonec z osoljeno vodo.

Spočito testo na tanko razvaljamo in nato še razvlečemo, obrežemo robove, namažemo z nadevom in potresemo s seseklanim pehtranom. Testo na tesno zvijemo v štrukelj. Krpo namočimo v vodi in ožame-mo, razgrnemo na delovno površino in potresemo z drobtinami. Štrukelj zavijemo v krpo in povežemo z vrvico. Položimo ga v osoljen krop in pokrito kuhamo 45 minut (če je velik, tudi 1 uro). Ko je štrukelj kuhan, ga pustimo v vodi počivati še 15 minut.

V ponvi segrejemo maslo in na njem prepražimo drobtine. Štrukelj vzamemo iz vode, ga odvijemo, narežemo na rezine, položimo na krožnike in zabelimo s prepraženimi drobtinami.

Instructions:

Combine the flour, eggs and salt in a bowl and mix to make a dough. Add warm water and some lemon juice (or vinegar) and knead until it has a firm but elastic consistency. Grease the dough with oil and leave it to rest for half an hour.

Make the filling: *Mix the sugar and eggs, then add sweet cream and groats. Wash the tarragon in water, dry it, strip off the leaves and slice them really well. Put a large pot with salted water on the stove to boil.*

Roll the dough out thinly and spread the filling on it. Roll the dough up tightly into a dumpling. Put a cloth in water and soak it. After you squeeze it out, spread it out on your working surface and sprinkle it with breadcrumbs. Wrap the cloth around the dumpling and tie the cloth up with string. Put the dumpling in salted boiling water and cook it for about 45 minutes (if the dumpling is large, cook it for a full hour.). When the wrapped dumpling is cooked, leave it in the water for about 15 minutes.

Heat butter in a pan, add breadcrumbs and fry. Take the rolled dumpling out of the water, unwrap it from the cloth, slice it and spread the breadcrumbs over it.

JOGURTOVO PECIVO Z METO

YOGHURT PASTRY WITH MINT

SESTAVINE (INGREDIENTS):

- 1 lonček jogurta (*1 yoghurt*)
- 2 jajci (*2 eggs*)
- 1 jogurtov kozarec sladkorja (*1 yoghurt container of sugar*)
- ½ jogurtovega kozarca olja (*1/2 yoghurt container of oil*)
- ½ jogurtovega kozarca moke (*1/2 yoghurt container of flour*)
- 1 pecilni prašek (*1 baking powder packet*)
- 1 vaniljev sladkor (*1 vanilla sugar packet*)



Priprava:

Vse sestavine enakomerno penasto umešamo, dodamo žlico ali dve drobno sesekljane sveže mete in prelijemo na namazan pekač. Pečemo pri 180 °C približno 30 minut.

Instructions:

Mix all ingredients so the mixture becomes creamy, add a tablespoon or two of fresh thinly sliced mint and put it in a baking tin. Bake it at 180°C for 30 minutes.



JANEŽEVI UPOGNJENCI

ANISEED COOKIES



SESTAVINE (INGREDIENTS)

- 4 jajca (4 eggs)
- toliko moke, kolikor tehtajo 3 jajca
(as much flour as 3 eggs weigh)
- toliko sladkorja, kolikor tehtajo 4 jajca
(as much sugar as 4 eggs weigh)
- janež (aniseed)

Priprava:

Sladkor penasto umešamo s 4 celimi jajci. Ob rahlem mešanju postopoma dodajamo moko. Pustimo stati na sobni temperaturi 15 minut, da moka nabrekne.

Pečico segrejemo na 200 °C (ventilatorska pečica). Pečač obložimo s papirjem za peko, nato nanj s kavno žličko naneseemo maso. Kupčki naj bodo precej narazen, vsakega posujemo z janežem. Pečeno je hitro! Se vroče upognemo na valjastem predmetu ustrežne debeline (npr. tanjša steklenica).

Instructions:

Mix sugar and 4 whole eggs so that the mixture becomes creamy. Gradually add flour and mix it lightly. Leave it to rest for 15 minutes.

Heat the oven to 200°C. Put baking paper into a baking tin and add the dough in teaspoon amounts separately. On each small heap, spread the aniseed and put it in the oven. Bake it for a short time. When the cookies are still hot, bend them using an object of appropriate thickness (small bottle or something like that).

Vir/Source: <http://www.kulinarika.net/recepti/1457/sladice/janezevi-upognjenci/>

NAMAZ IZ SKUTE IN KUMINE

COTTAGE CHEESE WITH CUMIN

SESTAVINE (INGREDIENTS)

- 250 g skute (*250 g of cottage cheese*)
- 2 žlici kisle smetane (*2 TBSP of sour cream*)
- 2 žlici jogurta (*2 TBSP of yoghurt*)
- 2 šalotki (*2 shallots*)
- sol (*salt*)
- 1 žlička kumine (*1 TSP of cumin*)
- 1 žlička mlete rdeče paprike (*1 TSP of minced red pepper*)

Priprava:

Šalotki olupimo in ju čim bolj na drobno sesekljamo. Skuto pretlačimo v skledo. Dodamo kisló smetano, jogurt, sesekljani šalotki, kumino in mleto rdečo papriko. Vse skupaj premešamo in po okusu solimo.

Instructions:

Peel the shallots and chop into tiny pieces (as tiny as possible). Mix cottage cheese in a bowl. Add sour cream, yoghurt, minced shallots, cumin and red pepper, mix it together with cottage cheese and add salt if needed.



SKUTNI NAMAZ Z DROBNJAKOM

COTTAGE CHEESE WITH CHIVES

SESTAVINE (INGREDIENTS):

- 250 g skute (250 g cottage cheese)
- nekaj žlic kisle smetane (few TBSP of sour cream)
- 1 šopek drobnjaka (a bunch of chives)
- nekaj vejic peteršilja in/ali kopra (few twigs of parsley or dill)
- sol in poper (salt and pepper)

Priprava:

Drobnjak in morebitna druga sveža zelišča oplaknemo, osušimo in drobno nasekljamo. Skuto in kisko smetano zmešamo. Dodamo zelišča, začinimo s soljo in poprom ter dobro zmešamo. Postrežemo na svežem ali opečenem kruhu, k pečenemu krompirju, pečenim ribam ...

Instructions:

Wash, dry and chop chives and all other fresh herbs. Mix together cottage cheese and sour cream. Add the herbs, season with salt and pepper and mix really well. You can serve on bread or toast, baked potatoes or fish.

Vir/Source: <http://jazkuham.si/skutni-namaz-z-drobnjakom-recept-2019>



PECIVO S PEHTRANOM

PASTRY WITH TARRAGON



SESTAVINE (INGREDIENTS):

- 200 g mletega sladkorja (200 g of granulated sugar)
- 6 rumenjakov (6 egg yolks)
- 1 dl olja (1 dl of oil)
- 1 dl mleka (1 dl of milk)
- 300 g moke (300 g of flour)
- 1 pecilni prašek (1 baking powder packet)
- 1 vrečka pehtrana (1 packet of tarragon)

Priprava:

Za biskvitno testo zmešamo 200 g mletega sladkorja, 6 rumenjakov, 1 dl olja, 1 dl mleka, 300 g moke, 1 pecilni prašek in 1 vrečko pehtrana. Vse skupaj dobro in na rahlo zmešamo in pečemo pol ure pri 180 stopinjah. Ohlajen biskvit prerežemo in namažemo s kisló smetano in posujemo z vaniljevim sladkorjem. Kolač potresemo s sladkorjem v prahu in razrežemo na kose zelene velikosti.

Instructions:

Mix together all ingredients and bake for half an hour at 180°C. When the pastry is cold, cut into two pieces and spread sour cream and vanilla sugar over one half. Put the other half on top. Sprinkle with caster sugar and cut into pieces.

Vir/Source: <http://brboncica.blogspot.com/2013/03/pecivo-s-pehtranom.html>

Grundtvig učna partnerstva, projekt Connecting generations /
Grundtvig learning partnerships, project Connecting generations
PUMOVI ZELIŠČNI RECEPTI / PUMs herbal recipes

Izdajatelj / Published by: Posoški razvojni center

Uredil / Editor: Nika Kikelj

Besedilo / Text: Udeleženci projekta PUM Tolmin

Lektoriranje / Slovenian copyediting: Alkemist, prevajalske storitve, d. o. o.

Prevod / Translated by: Udeleženci projekta PUM Tolmin

Lektoriranje prevoda / English copyediting: Alkemist, prevajalske storitve, d. o. o.

Avtorji in viri fotografij / Photographers and photographic sources: arhiv PUM-a
Tolmin, Blaž Jereb, Wikimedia

Oblikovanje in tisk / Design and printed by: Gaya d.o.o.

Naklada / Print run: 100 izvodov

1. natis / 1st printing

Tolmin, 2013

