

## Buckwheat mush



Type: buckwheat grits, instant



Weight: 250g



Cooking time: 2 minutes



Buckwheat mush is pure buckwheat flour for the quick preparation of dishes. It contains quality proteins that have a more suitable structure than the proteins in meat, milk and soya. They are rich in phosphorus, magnesium, iron, vitamin E, pantothenic acid and dietary fibre. In addition, they contain a little oil which is rich in unsaturated fatty acids.

They are suitable for the preparation of side dishes and desserts.

### • DID YOU KNOW •

The buckwheat mush is among the most popular products on the Slovenian market because they give a traditional flavour and a taste of home to the dishes. They are distinguished by the quick and easy preparation of various healthy dishes and by their low fat content as well as the fact that they do not contain cholesterol.

## Buckwheat Žganci

### Ingredients:

0.5 l (17 fl oz) buckwheat flour  
3 tbs coarse wheat flour  
1.5 l (50 2/3 fl oz) salted boiling water  
cracklings to garnish

### Instructions:

Mix both flours and pour the mixture into salted boiling water. Boil for a few minutes until flour is submerged in water, then, using the handle of a wooden spoon, make a hole in the middle and boil on low heat for another 20 minutes. When cooked, pour away some water and stir well.

Add cracklings, cover the pot and let it rest for 15 minutes. Using two forks crumble the žganci into a bowl and garnish with cracklings.

Žganci are best served with **sauerkraut**, pickled **turnips**, **milk** or **curdled milk**.



Buckwheat žganci. Photo: Aleš Ajlec

## Bled cream cake (kremna rezina)

**Ingredients:** (15 pieces)

puff pastry (dough)

yellow cream:

- 500 g of puff pastry
- 1.6 l of milk
- 5 dcl of whipping cream
- 180 g of flour
- 300 g of sugar
- 100 g of caster sugar
- 10 eggs
- 20 g of vanilla sugar
- 1 spoon of rum

white cream:

- 500 ml of whipping cream
- ½ spoon of icing sugar



<https://www.sava-hotels-resorts.com/en/sava-hoteli-bled/gastronomy/the-original-bled-cream-cake>

### Instructions:

Roll the **dough** into the size of a baking tray. Put the dough onto the baking tray, then prick all over with the fork. Cut into two rectangles. Bake the dough 10 to 15 minutes at 200 degrees until it gets a nice golden colour.

While the pastry is chilling, start preparing the cream. Separate egg yolks from egg white. Whisk the egg white and caster sugar until stiff. Whisk the egg yolks and sugar well until thick and pale. Then gently add 0.2 l of cold milk, sift the flour and stir in. Boil the rest of the milk together with vanilla sugar. Slowly add egg yolk cream and slightly stir for 10 minutes until egg cream is thick enough. Remove the pot from the heat and gently pour the custard into the egg white mixture. Stir the rum into the custard. Spread warm cream over the pastry and leave it to chill.

Meanwhile whip the cream, sugar and vanilla sugar and spread it over chilled custard. Cover it with a second plate of pastry, cut it into desired dimensions and dust it with icing sugar.

#### **FAKE OR REAL? Check!**

**Features:** The layers from the bottom to the top follow one another as follows: puff pastry, custard, whipped cream, puff pastry and icing sugar.

**Dimensions:** 7 x 7 x 7 centimetres

**How do you distinguish the original from the rest?**

When you place it on the plate, the entire cream cake must sway back and forth.