



**JEČMEN**  
*BARLEY*

**2017**



# ZMESNI KRUH

## Sestavine:

100 g ječmenove moke

50 g koruzne moke

50 g ajdove moke

20 g margarine

prelijemo z vrelo vodo (400 ml), premešamo in ohladimo

300 g pšenične moke tip 850

13 g kvasa

8 g soli

150 ml vode

Razmerje mok: pšenična 60 %, ječmenova 20 %, koruzna 10 % in ajdova moka 10 %

## Priprava:

Ječmenovo, koruzno in ajdovo moko prelijemo z vrelo vodo, dodamo 20 g margarine in premešamo. Maso ohladimo. V pšenično moko naredimo jamico, vanjo nadrobimo kvas in prilijemo malo vode ter premešamo, da se kvas raztopi. Ko kvasec naraste, dodamo sol, ohlajeno mešanico mok, vodo in zamesimo gladko mehkejše testo. To naj po zamesitvi počiva 25-30 minut. Nato testo po želji razdelimo, oblikujemo v kolač in položimo v pomokano košarico. Sledi vzhajanje do 30 minut. Ko je testo vzhajano, ga obrnemo na pekač, zarezemo in pečemo v ogreti pečici pri 210 °C 10 minut. Nato pečemo na 180 °C 35-40 minut.

# FOUR FLOUR BREAD

## Ingredients:

100 g barley flour

50 g corn flour

50 g buckwheat flour

20 g margarine

poured with boiling water (400 ml), stirred and cooled

300 g wheat flour Type 850

13 g yeast

8 g salt

150 ml water,

Flour ratio: wheat 60% barley 20%, corn 10% and 10% of buckwheat flour

## Preparation:

Pour barley, corn and buckwheat flour with boiling water, add 20 g of margarine and stir. Let the batter to cool. Make a hole into the wheat flour, add the yeast, some water and stir until the yeast dissolves. When the dough rises, add salt, the cooled mixture of flours, water and knead it to a smooth and soft dough. Let it rest for 25 to 30 minutes. Then divide the dough in optional parts, form them into loafs and place them into a floured basket. Let the dough rise up to 30 minutes. When risen turn it on a baking sheet, make a cut on the top and bake it in a preheated oven at 210 °C for 10 minutes and then at 180 °C 35-40 minutes.



teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
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3	16	17	18	19 ☾	20	21	22
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4	23/30	24/31	25	26	27	28 •	29
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# Januar 2017

January

## December 2015

December 2015

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
48				1	2	3	4
49	5	6	7 ☾	8 ☽	9	10	11
50	12	13	14 °	15	16	17	18
51	19	20	21 ☾	22	23	24	25 ☽
52	26 ☽	27	28	29 •	30	31	

## Februar

February

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
5			1	2	3	4 ☾	5
6	6	7	8	9	10	11 °	12
7	13	14	15	16	17	18 ☾	19
8	20	21	22	23	24	25	26 •
9	27	28					



# MIŠKE Z JEČMENOVO MOKO

## Sestavine:

400 g bele pšenične moke tip 500  
150 g ječmenove moke  
40 g kvasa  
90 g sladkorja  
100 g masla  
10 g ruma  
3 rumenjaki  
10 g soli  
300 ml mleka

## Priprava:

Moko presejemo in ji primešamo sol. Iz kvasa, toplega mleka, malo moke in žličke sladkorja pripravimo kvasni nastavek. Maslo penasto umešamo, dodamo rumenjake, rum in sladkor ter mešamo, da zmes naraste in se sladkor stopi.

Moki primešamo kvasni nastavek in umešano zmes. Dobro pregnetemo in testo postavimo na toplo, da vzhaja. Vzhajano testo zajemamo z žlico in ga polagamo v vročo maščobo ter svetlo rumeno ocvremo. Med cvrtjem miške obračamo.

Pečene polagamo na cedilo, da se odcedi maščoba. Na koncu jih potresemo s sladkorjem.

# FRITTERS WITH BARLEY FLOUR

## Ingredients:

400 g white wheat flour Type 500  
150 g barley flour  
40 g yeast  
90g sugar  
100g butter  
10 g rum  
3 egg yolks  
10 g salt  
300 ml milk

## Preparation:

Sift flour and add salt. In a bowl stir yeast, warm milk, some flour and a teaspoon of sugar. Mix butter until foamy, add egg yolks, rum, sugar, and stir until the mixture rises and the sugar melts.

Add the yeast mixture and the foamy mixture to the flour. Knead the dough and place it to a warm place to rise. Scoop up the dough with a spoon, drop the puff into the hot oil and fry until light yellow. During frying turn the fritter.

When fried put it on the cooking grate to drain off the fat. Sprinkle with sugar.



teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
5			1	2	3	4 <sup>☾</sup>	5
6	6	7	8	9	10	11 <sup>☉</sup>	12
7	13	14	15	16	17	18 <sup>☾</sup>	19
8	20	21	22	23	24	25	26 <sup>☉</sup>
9	27	28					

# Februar 2017

*February*

## Januar January

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
53							1 <sup>☾☾☾☾</sup>
1	2	3	4	5 <sup>☾</sup>	6 <sup>☾☾☾</sup>	7	8
2	9	10	11	12 <sup>☉</sup>	13	14	15
3	16	17	18	19 <sup>☾</sup>	20	21	22
4	23/30	24/31	25	26	27	28 <sup>☉</sup>	29

## Marec March

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
9			1	2	3	4	5 <sup>☾</sup>
10	6	7	8	9	10	11	12 <sup>☉</sup>
11	13	14	15 <sup>☉</sup>	16	17	18	19
12	20 <sup>☾</sup>	21	22	23	24	25	26
13	27	28 <sup>☉</sup>	29	30	31		



# ČOKOLADNI MLEČNI JEČMENOV KRUH Z ARANCINI

## Sestavine:

120 g ječmenove moke (prelijemo z vrelim mlekom - 300 ml, premešamo in ohladimo)  
370 g pšenične bele moke tip 500  
15 g kvasa  
19 g kakava  
9 g soli  
40 g sladkorja  
35 g surovega masla  
200 ml mleka  
100 g arancinov  
sok pol limone

## Priprava:

Ječmenovo moko prelijemo z vrelo vodo in premešamo. Maso ohladimo. Arancine namočimo v vodi, ki ji dodamo sok pol limone. V pšenično moko naredimo jamico, vanjo nadrobimo kvas, dodamo sladkor in prilijemo malo vode ter premešamo, da se kvas raztopi. Ko kvasec naraste, dodamo preostale surovine, ohlajeno mešanico ječmenove moke z mlekom in zamesimo gladko mehkejše testo. Arancine dodamo proti koncu mesitve. Testo naj po zamesitvi počiva 25-30 minut. Nato testo po želji razdelimo, oblikujemo v kolač in položimo v pomokano košarico. Sledi vzhajanje 30-40 minut. Ko je vzhajan, ga obrnemo na pekač, zarezemo in pečemo v ogreti pečici pri 200 °C 10 minut. Nato pečemo na 180 °C 20 minut.

## BARLEY MILK CHOCOLATE BREAD WITH CANDIED ORANGE PEEL

### Ingredients:

120 g barley flour (pour boiling milk - 300 ml, mix and cool)  
370 g white wheat flour Type 500  
15 g yeast  
19 g cocoa  
9 g of the salt  
40 g sugar  
35 g butter  
200 ml milk  
100 g candied orange peel  
juice of half a lemon

### Preparation:

Pour boiling water over the barley flour and stir. Let it cool down. Put the candied orange peels in water, add the juice of half a lemon and let it soak. Make a small hole in the wheat flour, add the yeast, add sugar, pour some water and stir slowly until the yeast dissolves. When it rises, add the remaining ingredients, cooled mixture of barley flour with milk and knead it to a smooth soft dough. Towards the end add the soaked candied orange peels. Let it rest 25 to 30 minutes. Shape the dough into loafs and place it in a floured baskets. Let it rise from 30 to 40 minutes. When risen turn it on a baking sheet, cut it on the top and bake it in a preheated oven at 200 °C for 10 minutes. Then continue at 180 °C for 20 minutes.



teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
9			1	2	3	4	5 ☾
10	6	7	8	9	10	11	12 ☉
11	13	14	15 <sup>Ⓜ</sup>	16	17	18	19
12	20 ☾	21	22	23	24	25	26
13	27	28 <sup>•</sup>	29	30	31		

# Marec March 2017

## Februar February

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
5			1	2	3	4 <sup>☾</sup>	5
6	6	7	8	9	10	11 <sup>☉</sup>	12
7	13	14	15	16	17	18 <sup>☾</sup>	19
8	20	21	22	23	24	25	26 <sup>•</sup>
9	27	28					

## April April

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
13						1	2
14	3 <sup>☾</sup>	4	5	6	7	8	9
15	10	11 <sup>☉</sup>	12	13	14	15	16 <sup>☾</sup>
16	17 <sup>☾</sup>	18	19 <sup>☾</sup>	20	21	22	23
17	24	25 <sup>☉</sup>	26 <sup>•</sup>	27	28	29	30



# JEČMENOVI ZAJČKI IN JAJČKA

## Sestavine za testo:

250 g masla  
200 g pšenične bele moke  
200 g ječmenove moke  
150 g sladkorja v prahu  
1 jajce  
sredica enega stroka vanilje  
malo limonine ekološke lupine

## Priprava:

Moki presejemo, dodamo maslo, jajce, sladkor v prahu, sredico stroka vanilje in limonino lupino. Surovine gnetemo tako dolgo, da se združijo. Testo naj počiva 1 uro, nato ga razvaljamo v debelini 3-5 mm in z modelčki izrežemo različne oblike. Polagamo jih na pekač obložen s papirjem za pečenje in pečemo 8-12 minut pri 180 °C.

Prelijemo s čokolado in po želji okrasimo.

# BARLEY BUNNIES AND EGGS

## Ingredients for the dough:

250 g butter  
200 g wheat flour  
200 g barley flour  
150g powdered sugar  
1 egg  
core of one vanilla pod  
some organic lemon peel

## Preparation:

Sift both flours, add butter, one egg, powdered sugar, the vanilla core and some lemon peel. Knead the ingredients in the dough. Let it rest for an hour, then roll it out to a thickness of 3-5 mm and cut it into shapes. Put them on a baking sheet coated with the baking paper and bake them for 8-12 minutes at 180 °C.

Pour them with chocolate and decorate if you want.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
13						1	2
14	3 ☾ D	4	5	6	7	8	9
15	10	11 °	12	13	14	15	16 A CRO D I H
16	17 A CRO D I H	18	19 ☾	20	21	22	23
17	24	25 I	26 ●	27	28	29	30

# April

April

# 2017

## Marec

March

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
9			1	2	3	4	5 ☾
10	6	7	8	9	10	11	12 °
11	13	14	15 °	16	17	18	19
12	20 ☾	21	22	23	24	25	26
13	27	28 ●	29	30	31		

## Maj

May

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
17	1 A CRO D I H	2	3 ☾	4	5	6	7
18	8	9	10 °	11	12	13	14 ☾
19	15	16	17	18	19 ☾	20	21
20	22	23	24	25 ●	26	27	28
21	29	30	31				

# JEČMENOVE ŠTRUČKE Z OTROBI - POSUTE S SIROM IN BUČNICAMI

## Sestavine:

130 g ječmenove moke (prelijemo z vrelo vodo  
- 250 ml, premešamo in ohladimo)  
370 g pšenične moke tip 850  
35 g pšeničnih otrobov  
17 g kvasa  
9 g soli  
10 g sladkorja  
10 ml rastlinskega olja  
200 ml vode

## Priprava:

Iz sestavin zamesimo kompaktno testo, pustimo ga počivati 15 minut, nato ga raztehtamo na manjše kose (50-60g). Oblikujemo ga v podolgovat hlebček, ali zvijemo v štručko. Izdelke naložimo na pekač in vzhajamo 20 minut, nato hlebčke ali štručke prerežemo in naložimo s sirom in drobljenimi bučnicami. Izdelke vzhajamo še 15 minut, nato jih pečemo 15 minut pri 200 °C.

## **BARLEY BUNS WITH BRAN – SPRINKLED WITH CHEESE AND PUMPKIN SEEDS**

130 g barley flour (pour boiling water - 250 ml, stir and cool)  
370 g wheat flour Type 850  
35 g wheat bran  
17 g yeast  
9 g the salt  
10 g sugar  
10 ml vegetable oil  
200 ml water

## Preparation:

Knead a compact dough from the ingredients, let it rest for 15 minutes and then weigh it up into smaller pieces (50-60g). Shape them into buns or beagles. Put them onto the baking sheet and let them rise for 20 minutes, cut them through and cover with cheese and crumbled pumpkin seeds. Let them rise for another 15 minutes, then bake them for 15 minutes at 200 °C.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
17	<b>1</b> 	<b>2</b>	<b>3</b> ☾	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
18	<b>8</b>	<b>9</b>	<b>10</b> ○	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 
19	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> ☾	<b>20</b>	<b>21</b>
20	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> ● 	<b>26</b>	<b>27</b>	<b>28</b>
21	<b>29</b>	<b>30</b>	<b>31</b>				

# Maj

May

# 2017


## April

April

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
13						<b>1</b>	<b>2</b>
14	<b>3</b> ☾	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
15	<b>10</b>	<b>11</b> ○	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> 
16	<b>17</b> 	<b>18</b>	<b>19</b> ☾	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
17	<b>24</b>	<b>25</b> ○	<b>26</b> ●	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

## Junij

June

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
22				<b>1</b> ☾	<b>2</b> ○	<b>3</b>	<b>4</b>
23	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> ○	<b>10</b>	<b>11</b>
24	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> ☾	<b>18</b>
25	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> ● 	<b>23</b>	<b>24</b> ●	<b>25</b> ○
26	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

# PIRIN KRUH Z JEČMENOVO KAŠO

## Priprava nastavka:

100 g pirine polnozrnate moke

100 ml vode

1 g kvasa

Premešamo in pustimo 2 uri na sobni temperaturi, nato damo za 20 ur v hladilnik.

## Sestavine:

200 g kvasnega nastavka

400 g pirine polnozrnate moke

100 g ječmenove kuhane kaše

3 g kvasa

8 g soli

350 ml vode

## Priprava:

Ječmenovo kašo skuhamo in odcedimo. Nastavku iz kislega testa dodamo vse sestavine in zamesimo gladko mehkejše testo. Testo naj počiva 30 minut nato ga nadevamo v namaščen pekač. Testo vzhaja do 2 uri, nato ga damo v pečico in ga pečemo 45 minut pri 200 °C

# SPELT BREAD WITH BARLEY PORRIDGE

## Preparation of the leavening mixture:

100 g of spelt whole meal flour

100 ml water

1 g yeast

Mix and leave for 2 hours at room temperature, then place for 20 hours in the refrigerator.

## Ingredients:

200 g yeast

400 g spelt whole meal flour

100 g cooked barley

3 g yeast

8 g salt

350 ml water

## Preparation:

Cook and drain the barley grains. Add all ingredients to sourdough and knead to a smooth and soft dough. Let it rest for 30 minutes then put it into the greased baking sheet. Let the dough rise for 2 hours, then put it in the oven and bake for 45 minutes at 200 °C.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
22				1 <sup>☾</sup>	2 <sup>①</sup>	3	4
23	5	6	7	8	9 <sup>○</sup>	10	11
24	12	13	14	15	16	17 <sup>☾</sup>	18
25	19	20	21	22 <sup>Ⓢ</sup>	23	24 <sup>●</sup>	25 <sup>Ⓢ</sup>
26	26	27	28	29	30		

# Junij June

# 2017

## Maj May

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
17	1 <sup>Ⓢ</sup>	2	3 <sup>☾</sup>	4	5	6	7
18	8	9	10 <sup>○</sup>	11	12	13	14 <sup>Ⓢ</sup>
19	15	16	17	18	19 <sup>☾</sup>	20	21
20	22	23	24	25 <sup>●</sup>	26	27	28
21	29	30	31				

## Julij July

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
26						1 <sup>☾</sup>	2
27	3	4	5	6	7	8	9 <sup>○</sup>
28	10	11	12	13	14	15	16 <sup>☾</sup>
29	17	18	19	20	21	22	23 <sup>●</sup>
30	24/31	25	26	27	28	29	30 <sup>☾</sup>

# MÜSLIJI Z JEČMENOVO KAŠO

## Sestavine:

700 g navadnega ali grškega jogurta  
100 g kuhane ječmenove kaše  
100 g kuhane tatarske ajdove kaše  
50 g ovsenih kosmičev ali ječmenovih kosmičev  
50 g rozin ali brusnic  
50 g narezanih suhih marelic  
50 g narezanih suhih dateljnov  
200 g jabolčk ali hrušk  
50 g medu  
sok 1 limone, mleti klinčki, cimet, maline

## Sestavine za 5 porcij:

300 g malin  
100 g sladkorja v prahu  
200 g nemastnega svežega sira – skute  
sok 1 pomaranče

## Priprava:

Ječmenovo in ajdovo kašo skuhamo. Suho sadje drobno narežemo in kuhamo skupaj s kašo. Dodamo med, kosmiče, limonin sok, jogurt, začimbe, jabolka in dobro premešamo. V majhni skledi zmehčamo sveže maline s sladkorjem v prahu. Če uporabimo zamrznjene, jih skuhamo s sladkorjem. Sok pomaranče dobro zmešamo s svežim sirom in medom. V kozarce s peclji ali skledice izmenično nalagamo sirov nadev, kaše in po žlico malin. Ponudimo dobro ohlajeno.

# MUESLI WITH BARLEY PORRIDGE

## Ingredients:

700 g plain or Greek yogurt  
100 g barley porridge  
100 g cooked Tartary buckwheat  
50 g oatmeal or barley flakes  
50 g raisins or cranberries  
50 g chopped dried apricots  
50 g chopped dry dates  
200 g apples or pears  
50 g honey  
juice of 1 lemon, ground cloves, cinnamon, raspberries

## Ingredients for 5 servings:

300 g raspberries  
100 g powdered sugar  
200 g fat-free cream cheese - curd  
juice of 1 orange

## Preparation:

Cook barley and buckwheat. Finely chopped dried fruit cook together with porridge. Add honey, flakes, lemon juice, yogurt, spices, and apples. Stir well. In a small bowl soften fresh raspberries with powdered sugar. If using frozen, cook them with sugar.

Orange juice mix well with fresh cheese and honey.

Serve in stem glasses or cups. Interchangeably fill with cheese filling, porridge and a spoon of raspberries. Serve well chilled.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
26						1 <sup>☾</sup>	2
27	3	4	5	6	7	8	9 <sup>☉</sup>
28	10	11	12	13	14	15	16 <sup>☾</sup>
29	17	18	19	20	21	22	23 <sup>☉</sup>
30	24/31	25	26	27	28	29	30 <sup>☾</sup>

# Julij July

# 2017

## Junij June

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
22				1 <sup>☾</sup>	2 <sup>☉</sup>	3	4
23	5	6	7	8	9 <sup>☉</sup>	10	11
24	12	13	14	15	16	17 <sup>☾</sup>	18
25	19	20	21	22 <sup>☉</sup>	23	24 <sup>☉</sup>	25 <sup>☉</sup>
26	26	27	28	29	30		

## Avgust August

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
31		1	2	3	4	5 <sup>☉</sup>	6
32	7 <sup>☉</sup>	8	9	10	11	12	13
33	14	15 <sup>☉</sup>	16	17	18	19	20 <sup>☉</sup>
34	21 <sup>☉</sup>	22	23	24	25	26	27
35	28	29 <sup>☾</sup>	30	31			

# JEČMENOV KRUH S PŠENIČNIMI KALČKI, ROŽMARINOM IN OLIVAMI

## Sestavine:

150 g ječmenove moke (prelijemo z vrelo vodo - 300 ml premešamo in ohladimo)

350 g pšenične bele moke tip 500

100 g pšeničnih kalčkov

15 g kvasa

9 g soli

300 ml vode

70 g oliv

rožmarin

## Priprava:

Ječmenovo moko prelijemo z vrelo vodo in premešamo. Maso ohladimo. V pšenično moko naredimo jamico, vanjo nadrobimo kvas in prilijemo malo vode ter premešamo, da se kvas raztopi. Ko kvasec naraste, dodamo preostale surovine, ohlajeno mešanico iz ječmenove moke in z vodo zamesimo gladko mehkejše testo. Olive in rožmarin dodamo proti koncu mesitve. Testo po zamesitvi počiva 25-30 minut, nato ga razdelimo, oblikujemo v kolač in položimo v pomokano košarico. Sledi vzhajanje do 30 minut. Ko je vzhajan, ga obrnemo na pekač, zarežemo in pečemo v ogreti pečici pri 200 °C 10 minut. Nato pečemo naprej na 190 °C 20 minut.



# BARLEY BREAD WITH WHEAT GERMS, ROSEMARY AND OLIVES

## Ingredients:

150 g barley flour (pour boiling water - 300 ml, stir and cool)

350 g wheat flour Type 500

100 g wheat germs

15 g yeast

9 g salt

300 ml water,

70 g olives

rosemary

## Preparation:

Pour barley flour with boiling water and stir. Let it cool. Make a hole into the wheat flour, add yeast and pour a little water. Stir until the yeast dissolves. When sourdough rises, add the remaining ingredients, chilled mixture of barley flour and water. Knead a smooth and soft dough. Olives and rosemary are added towards the end. Let the dough rest for 25-30 minutes, then split it into smaller parts, form them into loaves and place them in floured baskets. Let them raise up to 30 minutes. When risen, turn them on a baking sheet, cut on the top and bake in a preheated oven at 200 °C for 10 minutes. Then bake on 190 °C for 20 minutes.



teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
31		1	2	3	4	5 <small>CRO</small>	6
32	7 <small>○</small>	8	9	10	11	12	13
33	14	15 <small>☾ I CRO A</small>	16	17	18	19	20 <small>H</small>
34	21 <small>●</small>	22	23	24	25	26	27
35	28	29 <small>☾</small>	30	31			

# Avgust *August* 2017

## Julij *July*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
26						1 <small>☾</small>	2
27	3	4	5	6	7	8	9 <small>○</small>
28	10	11	12	13	14	15	16 <small>☾</small>
29	17	18	19	20	21	22	23 <small>●</small>
30	24/31	25	26	27	28	29	30 <small>☾</small>

## September *September*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
35					1	2	3
36	4	5	6 <small>○</small>	7	8	9	10
37	11	12	13 <small>☾</small>	14	15	16	17
38	18	19	20 <small>●</small>	21	22	23	24
39	25	26	27	28 <small>☾</small>	29	30	



## SKUTINE ŠAPKE

### Sestavine za testo:

350 g pšenične bele moke tip 500  
100 g ječmenove moke  
50 g kvasa  
100 g masla  
70 g sladkorja  
2 rumenjaka  
2 g soli  
2 dl mleka  
limonina lupina  
vanilin sladkor

### Sestavine za skutin nadev:

300 g skute  
20 g masla  
3 jajca ali rumenjaki  
50 g kisle smetane  
50 g fino mletih mandeljnov  
50 g moke  
20 g rozin  
limonina lupina  
vanilin sladkor  
malo ruma

### Premaz:

100 g masla  
2 jajci  
malo vode

### Priprava:

Kvas zdrobimo, dodamo žličko sladkorja, malo toplega mleka ter nekoliko moke in pustimo vzhajati. Združimo rumenjake, sladkor, sol, vanilin sladkor, limonino lupino, nekaj toplega mleka ter raztopljeno maslo ter dobro premešamo.

V ogreto in presejano moko damo kvasno zmes ter ostale sestavine in zgnetemo testo, da je gladko. Testo gnetemo toliko časa, da postane gladko in se sestavine povežejo. Testo pokrijemo in pustimo, da vzhaja.

Nadev pripravimo tako, da pretlačeni skuti primešamo kisló smetano, sladkor, jajce, mandeljne, moko, v rumu namočene rozine, limonino lupino in vanilin sladkor.

Testo razvaljamo na 3 mm, premažemo z raztopljenim maslom in nadevom, razrežemo na 10 cm valje, čez sredino prerežemo do polovice in prerezane dele razširimo. Oblikujemo in ponovno vzhajamo.

Premažemo z jajci posujemo z mandeljni in spečemo. Pečene posladkamo s sladkorjem v prahu, ki mu dodamo malo vanilin sladkorja.

## CURD "PAWS"

### Ingredients for the dough:

350 g white wheat flour Type 500  
100 g barley flour  
50 g yeast  
100g butter  
70g sugar  
2 egg yolks  
2 g salt  
2 dl milk  
lemon peel  
vanilla sugar

### Ingredients for curd filling:

300g ricotta  
20 g butter  
3 eggs or egg yolks  
50 g sour cream  
50 g finely ground almonds  
50 g flour  
20 g raisins  
lemon peel  
vanilla sugar  
rum

### Icing:

100g butter  
2 eggs  
some water

### Preparation:

*Crush the yeast, add a teaspoon of sugar, some warm milk, some flour and let it rise. Combine the egg yolks, sugar, salt, vanilla sugar, lemon peel, some warm milk, melted butter and stir well.*

*Put the yeast mixture and remaining ingredients in a warmed and sifted flour and knead into a soft dough. Cover the dough and let it rise.*

*The filling is prepared so that the curd is mixed with sour cream, sugar, eggs, almonds, flour, raisins soaked in rum, lemon zest and vanilla sugar.*

*Roll out the dough to 3 mm, brush it with melted butter and with the curd filling. Cut it into 10 cm rolls and cut across to half and expand the parts. Shape and let it rise again.*

*Brush with egg and sprinkle with baked almonds. When baked sweeten with powdered sugar mixed with some vanilla sugar.*



teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
35					1	2	3
36	4	5	6 <sup>o</sup>	7	8	9	10
37	11	12	13 <sup>c</sup>	14	15	16	17
38	18	19	20 <sup>o</sup>	21	22	23	24
39	25	26	27	28 <sup>o</sup>	29	30	

# September 2017

*September*

## Avgust

*August*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
31		1	2	3	4	5 <sup>o</sup>	6
32	7 <sup>o</sup>	8	9	10	11	12	13
33	14	15 <sup>o</sup>	16	17	18	19	20 <sup>o</sup>
34	21 <sup>o</sup>	22	23	24	25	26	27
35	28	29 <sup>o</sup>	30	31			

## Oktober

*October*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
39							1
40	2	3 <sup>o</sup>	4 <sup>o</sup>	5	6	7	8 <sup>o</sup>
41	9	10 <sup>c</sup>	11	12	13	14	15 <sup>o</sup>
42	16	17	18 <sup>o</sup>	19	20	21	22
43	23 <sup>o</sup> /30	24 <sup>o</sup> /31	25	26 <sup>o</sup>	27	28	29

# JEČMENOVE MINI GIBANICE S KOSTANJI

## Kvašeno testo:

250 g polnozrnatih pšeničnih moke  
250 g ječmenove moke  
30 g kvasa  
3 dl mleka  
60 g sladkorja  
60 g raztopljenega surovega masla  
2 jajci  
13 g vanilin sladkorja  
5 g soli  
limonina lupina

## 1. nadev:

200 g kuhane ječmenove kaše (100 g ječmenove kaše in 200 ml mleka)  
500 g naribanih jabolčk  
50 g sladkorja  
150 g kostanjev  
2 g cimeta

## 2. nadev:

200 g skute – pretlačene  
400 g kostanjevega pireja  
300 g kisle smetane

200 g jogurta  
3 jajca  
100 g sladkorja  
13 g vanilin sladkorja  
100 g pšeničnega ali ječmenovega zdroba

## 3. nadev:

100 g kisle smetane  
2 jajci  
50 g sladkorja

## Priprava:

Iz sestavin zgnemo kvašeno testo in ga pustimo vzhajati 30 minut. Razdelimo ga v hlebčke po 100 g in oblikujemo. Pustimo da vzhaja.

Ječmenovo kašo skuhamo v mleku.

Za nadeve vse surovine gladko zmešamo.

Vzhajane 100 g hlebčke stisnemo v sredini skoraj do pekača, da dobimo vdolbino. Naredimo jo s kozarcem, testo pa predhodno namažemo z oljem. Vdolbina naj bo velika 7 do 8 cm in rob 1 cm. Premer mini gibanice ja 10 cm. Nato vdolbine napolnimo najprej s prvim nadevom iz ječmenove kaše in jabolčk, nato z drugim nadevom in tretjim nadevom ali premazom.

Lahko pa testo razvaljamo in naredimo eno gibanico.

Pečemo 20-30 minut na 200 °C.

# BARLEY "MINI GIBANICA" (LAYER CAKE) WITH CHESNUTS

## Leavened dough:

250 g whole wheat flour  
250 g barley flour  
30 g yeast  
3 dl milk  
60g sugar  
60 g dissolved butter  
2 eggs  
13 g vanilla sugar  
5 g lemon peel

## 1<sup>st</sup> filling:

200 g cooked barley (100 g of barley and 200 ml of milk)  
500 g grated apples  
50g sugar  
150 g chestnut  
2 g cinnamon

## 2<sup>nd</sup> filling:

200 g cottage cheese - mashed  
400 chestnut puree  
300 sour cream  
200 g yoghurt  
3 eggs  
100 g sugar  
13 g vanilla sugar  
100 g semolina or barley meal

## 3<sup>rd</sup> filling:

100 g sour cream  
2 eggs  
50g sugar

## Preparation:

Knead the dough from the ingredients and let it rise for 30 minutes. Split into balls of 100 g and shape. Let it rise.

Boil barley porridge in milk.

To make each filling stir well the ingredients.

Leavened buns (100 g) press into the center close to the baking sheet, to obtain the pit. Make it with a glass but previously spread oil over the dough. The pit should be sized 7 to 8 cm with 1 cm margin. Diameter of "mini gibanica" is 10 cm. Firstly fill the pit with the first filling of barley and apples, and then with the second and the third filling or icing.

You can also roll out the dough and make a layer cake.

Bake 20-30 minutes on 200 °C





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
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39

**1**

40

**2**

**3**

**4** ◯

**5**

**6**

**7**

**8**

41

**9**

**10** ☾

**11**

**12**

**13**

**14**

**15**

42

**16**

**17**

**18** ●

**19**

**20**

**21**

**22**

43

**23** / 30

**24** / **31**

**25**

**26** ☽

**27**

**28**

**29**

# Oktober October

# 2017

## September September

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
35					<b>1</b>	<b>2</b>	<b>3</b>
36	<b>4</b>	<b>5</b>	<b>6</b> ◯	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
37	<b>11</b>	<b>12</b>	<b>13</b> ☾	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
38	<b>18</b>	<b>19</b>	<b>20</b> ●	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
39	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> ☽	<b>29</b>	<b>30</b>	

## November November

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
44			<b>1</b> ☾	<b>2</b>	<b>3</b>	<b>4</b> ◯	<b>5</b>
45	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> ☾	<b>11</b>	<b>12</b>
46	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> ●	<b>19</b>
47	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> ☽
48	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

## **WALNUT "POTICA" (CAKE ROLL) WITH BARLEY**

### **Ingredients:**

180 g barley flour (pour boiling milk - 300 ml, mix and cool)  
420 g white wheat flour Type 500  
27 g yeast  
10 g salt  
60g sugar  
45 g butter  
2 eggs  
1 carrot  
50 ml milk

### **Ingredients for walnut filling:**

100 g cream  
1 egg  
250 g ground walnuts  
50g sugar  
cinnamon

### **Preparation:**

Make a hole in the flour, crush the yeast into it, add some sugar and two tablespoons of warm milk and stir. Let it rise, add all ingredients and knead to a smooth and soft dough. Let it rise for 20 minutes. Roll out the dough, brush with egg mixed with whipped cream, sprinkle with ground walnuts, sugar and cinnamon, then roll up. Put in a greased model. Let it rise for 40 minutes. Before baking brush it with a mixture of egg and water, and pierce it. Bake for 40 minutes at 190 °C.

## **JEČMENOVA OREHOVA POTICA**

### **Sestavine:**

180 g ječmenove moke (prelijemo z vrelim mlekom - 300 ml, premešamo in ohladimo)  
420 g pšenične bele moke tip 500  
27 g kvasa  
10 g soli  
60 g sladkorja  
45 g surovega masla  
2 jajci  
1 korenček  
50 ml mleka

### **Sestavine za orehov nadev:**

100 g sladke smetane  
1 jajce  
250 g mletih orehov  
50 g sladkorja  
cimet

### **Priprava:**

V moko naredimo jamico, vanjo nadrobimo kvas, ki mu dodamo malo sladkorja in dve žlici toplega mleka ter premešamo (kvasni nastavek). Počakamo, da kvasec naraste, dodamo vse sestavine in zgnetemo gladko mehkejše testo. Pustimo ga vzhajati 20 minut. Testo razvaljamo, premažemo z razmešanim jajcem s sladko smetano, potrosimo z mletimi orehi, sladkorjem in cimetom ter nato zvijemo. Odložimo v namaščen model. Potica naj vzhaja 40 minut. Pred peko jo premažemo z mešanico jajca in vode ter prebodemo. Pečemo 40 minut pri 190 °C.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
44			<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b> <sup>o</sup>	<b>5</b>
45	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <sup>☾</sup>	<b>11</b>	<b>12</b>
46	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> <sup>•</sup>	<b>19</b>
47	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <sup>☾</sup>
48	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

# November *November* 2017

## Oktober *October*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
39							<b>1</b>
40	<b>2</b>	<b>3</b> <sup>☾</sup>	<b>4</b> <sup>o</sup>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <sup>☾</sup>
41	<b>9</b>	<b>10</b> <sup>☾</sup>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
42	<b>16</b>	<b>17</b>	<b>18</b> <sup>•</sup>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
43	<b>23</b> <sup>☾</sup> / <b>30</b>	<b>24</b> / <b>31</b>	<b>25</b>	<b>26</b> <sup>☾</sup>	<b>27</b>	<b>28</b>	<b>29</b>

## December *December*

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
48					<b>1</b>	<b>2</b>	<b>3</b> <sup>o</sup>
49	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <sup>☾</sup>	<b>9</b>	<b>10</b> <sup>☾</sup>
50	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
51	<b>18</b> <sup>•</sup>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
52	<b>25</b> <sup>☾☾☾☾</sup>	<b>26</b> <sup>☾</sup>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

# JEČMENOVI KOLAČI

## Sestavine:

270 g masla  
320 g sladkorja v prahu  
5 jajc  
100 g ječmenove moke  
100 g pšenične bele moke  
100 g jedilnega škroba  
10 g praška vinskega kamna  
primešamo  
800 g mešanega kandiranega sadja  
600 g grobo naribane temne čokolade  
100 ml češnjevega žganja  
100 g lešnikov ali mandeljnov  
2 g kardamoma

## Priprava:

Maslo stepemo z rumenjaki, kardamomom in polovico sladkorja. Beljake stepamo v čvrst sneg z drugo polovico sladkorja in jedilnim škrobom. Pomešamo lešnike, naribano čokolado, kandirano sadje namočeno v češnjevem žganju, moko in vinski kamen. Zmesi previdno združimo in premešamo ter polnimo v namazan in z mandeljni posut model cca. 30 x 50 cm in visok 5 cm. Pečemo pri 190 °C eno uro. Prelijemo s čokolado. Razrežemo na 8 krat 15 cm in okrasimo.

Lahko spečemo tudi mini kolačke in jih po želji okrasimo. Dobimo 12 kolačev 10 x10 cm. Po peki kolačke prelijemo s čokoladnim oblívom.

Čokoladni mastni oblív: 150 g čokolade in 50 g margarine.

## BARLEY CAKES

### Ingredients:

270 g butter  
320 g powdered sugar  
5 eggs  
100 g barley flour  
100 g wheat flour  
100 g edible starch  
10 g powder of tartar  
Stir  
800 g mixed candied fruit  
600 g coarsely grated dark chocolate  
100 ml cherry brandy  
100 g hazelnuts or almonds  
2 g cardamom

### Preparation:

Whip the yolks with butter, cardamom and half of the sugar. Whip the whites in a firm snow with the second half of sugar and the edible starch. Combine nuts, grated chocolate, candied fruits soaked in cherry brandy, flour and cream of tartar, mix it carefully. Put it into a greased model approx. 30 x 50 cm and 5 cm high, sprinkled with almonds. Bake at 190 °C for one hour. Pour with chocolate. Cut into 8 by 15 cm and decorate.

You can also bake mini cakes and decorate optionally. We get 12 cakes 10 x10 cm. After baking pour cakes with chocolate.

The thick chocolate couverture: 150 g chocolate 50 g margarine.





teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
48					1	2	3
49	4	5	6	7	8	9	10
50	11	12	13	14	15	16	17
51	18	19	20	21	22	23	24
52	25	26	27	28	29	30	31

# December 2017

## December

### November

#### November

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
44			1	2	3	4	5
45	6	7	8	9	10	11	12
46	13	14	15	16	17	18	19
47	20	21	22	23	24	25	26
48	27	28	29	30			

### Januar 2017

#### January 2017

teden week	ponedeljek monday	torek tuesday	sreda wednesday	četrtek thursday	petek friday	sobota saturday	nedelja sunday
52	1	2	3	4	5	6	7
1	8	9	10	11	12	13	14
2	15	16	17	18	19	20	21
3	22	23	24	25	26	27	28
4	29	30	31				