



## Slovenian Dishes

### *Buckwheat with mushrooms*



#### Ingredients

- 450 g mushrooms (button mushrooms, porcini mushrooms or other)
- 200 g buckwheat
- 500 g vegetables (peas, beans, carrots, broccoli, cauliflower)
- 3 tablespoons oil
- 2 small chopped onions
- 2 chopped cloves garlic
- 2 tbsp chopped parsley – some parsley for garnish
- 1 tsp ground red pepper
- Salt, Pepper, Marjory, Basil

#### Directions

1. Heat the oil in a saucepan, add chopped onion, tbsp of water and cook for 3 minutes.
2. Add mushrooms, spices and garlic and fry for about 8 minutes in a covered saucepan.
3. Then add red pepper and add a bit of water. Add steamed vegetables and cooked buckwheat.
4. Make sure all the ingredients are hot. Stir in all the ingredients, then cover and let it sit for 10 minutes.
5. Put the dish in a ladle or some other mould and carefully serve on the plate.
6. Decorate with parsley and vegetables. You can grate some cheese on top. Serve with salad.

### *Stephanie meat loaf wreath*



#### Ingredients

- 1 kg ground beef
- 4 stale bread rolls (Kaiser bread rolls or other)
- 6 eggs
- 200 g pancetta
- 2 tbsp tomato paste
- 1 bunch parsley
- Ground black pepper
- Thyme
- Ground nutmeg
- 2 onions
- 2 tbsp mustard
- 4 tbsp milk
- Sea salt
- Marjory
- Ground red pepper

#### Directions

1. Hard boil 4 eggs.
2. Cut or tear the bread rolls into smaller pieces and cover with milk and 500 ml lukewarm water. Let it soak, then squeeze out excess liquid.
3. Put the meat, chopped onion, bread mixture, 2 raw eggs, parsley, mustard and tomato paste in a bowl. Season with the other spices and mix well. Flatten the meat mixture and put the hard boiled eggs in the centre.
4. Cover the eggs with the meat mixture and form into a loaf.
5. Cover the round mould with oil and pancetta.
6. Put the meat loaf in the round mould and cover with pancetta.
7. Bake for one hour at 200°C. Before you serve get the meatloaf out of the mould.

## Buckwheat porridge salad



### Ingredients

- ½ kg of cooked and chilled buckwheat porridge
- 1 large boiled beetroot (also chilled)
- 1 medium-sized leek
- 200 g rugola

### Dressing ingredients

- Balsamic vinegar
- Olive oil
- Salt and pepper

### Directions

1. Pour the cooked and well-chilled buckwheat porridge into a larger bowl.
2. Slice leeks and beets evenly over the porridge.
3. Mix the mixture well with the prepared topping (according to taste).
4. To prevent the salad from losing volume, add rugola at the end and serve cold.

## Prekmurje layer cake



### Ingredients for the dough

- 30 dg of flour
- 1,5 dl lukewarm water
- Salt
- 2 tablespoons oil
- Poppy seed filling:
- 20 dg poppy
- 10 dg sugar
- Cinnamon for taste
- 1 dl hot milk

### Curd filling

- 50 dg curd
- 1 egg
- 1 dL sour cream
- A little vanilla
- 15 sugar
- 2 tablespoons of rum-soaked raisins

### Walnut filling

- 25 dg ground walnuts
- 10 dg sugar
- A little cinnamon

Make the apple filling the same way as for a strudel. Sprinkle the grated apples with a small amount of lemon juice so that they do not oxidize. Add sugar and grated lemon peel. Also add a little cinnamon.

### Directions

5. With the dough ingredients make a filo pastry, which must rest covered for at least one hour.
6. Then stretch it and cut to the size of a baking sheet. You can make your work easier if you buy ready-made filo pastry.
7. Grind the poppy and steam it with hot milk. Stir in sugar and cinnamon and allow to cool. You can also add a little butter. The filling is better then.
8. Grease the pan well. Put the filo pastry on the bottom, sprinkle with fat. Add another layer of pastry and coat with poppy seed filling.
9. Put on another layer of pastry. Coat it with the curd filling. Add another layer of pastry and sprinkle it again with walnuts.
10. Put on another layer of pastry and finally a layer of the apple filling. Sprinkle each layer of pastry with melted butter.
11. Repeat everything again. The pastry should be on top.
12. Pour sour cream over the cake and bake at 180 degrees for one hour.