



JEČMEN / BARLEY

BLANKA VOMBERGAR • IVAN KREFT
• MARIJA HORVAT • STANKO VORIH

ZALOŽBA KMEČKI GLAS

BLANKA VOMBERGAR • IVAN KREFT • MARIJA HORVAT • STANKO VORIH

JEČMEN / BARLEY

ZALOŽBA KMEČKI GLAS

VSEBINA / CONTENTS

IZVOR JEČMENA / ORIGINS OF BARLEY **6**

PRIDELOVANJE JEČMENA / BARLEY CULTIVATION **12**

ZGRADBA IN SESTAVA SEMENA / STRUCTURE AND COMPOSITION OF BARLEY GRAIN **15**

JEČMEN V TRADICIONALNI KULINARIKI / BARLEY IN TRADITIONAL CUISINE **21**

RECEPTI / RECIPES

KUHANJE JEČMENOVE KAŠE / HOW TO PREPARE BARLEY GROATS **26**

UPORABA JEČMENOVE MOKE / HOW TO USE BARLEY FLOUR **27**

JEČMENOVI ŽGANCI S KROMPIRJEM / BARLEY ŽGANCI WITH POTATOES **28**

TRIBARVNA POLENTA Z JEČMENOM / TRICOLOUR POLENTA WITH BARLEY **30**

JEČMENOVA VEČBARVNA ENOLONČNICA / MULTI-COLOURED BARLEY STEW **32**

JEČMENOV VEGETARIJANSKI GOLAŽ / VEGETARIAN BARLEY GOULASH **34**

KREMNA JEČMENOVA JUHA Z BUČO HOKAIDO IN KOSTANJI / CREAM OF BARLEY SOUP WITH HOKKAIDO PUMPKIN AND CHESTNUTS **36**

JEŠPRENJEV NARASTEK / BARLEY SOUFFLÉ **39**

PEČENE POGAČICE – TRIS KAŠ / LAYERED PIES – BAKED GROATS TRIO **40**

RIŽOTA Z JEČMENOVO KAŠO IN GRAHOM / BARLEY AND PEAS RISOTTO **42**

JEČMENOVA VEČBARVNA SOLATA NA LISTU RDEČEGA RADIČA / COLOURFUL BARLEY SALAD ON RADICCHIO LEAF **44**

KRUHOV NOVOLETNI PUDING / NEW-YEAR'S EVE BREAD PUDDING **46**

BUČKINI JEČMENOVI BURGERJI / COURGETTE AND BARLEY BURGERS **48**

PIRIN KRUH Z JEČMENOVO KAŠO / SPELT BREAD WITH BARLEY GROATS **52**

JEČMENOV MEŠANI KRUH / MIXED BARLEY BREAD **54**

ZMESNI KRUH Z MANJ SOLI / TRADITIONAL LOW-SALT MIXED BREAD **56**

JEČMENOVE SIROVE ŠTRUČKE / BARLEY CHEESE BUNS **58**

KRUŠNI ŠARKELJ Z INGVERJEM IN METO / BREAD BUNDT CAKE WITH GINGER AND MINT **60**

JEČMENOV KRUH S KURKUMO IN PARADIŽNIKI / BARLEY BREAD WITH TURMERIC AND TOMATOES **62**

PARADIŽNIKOV KRUH Z BAZILIKO / TOMATO BREAD WITH BASIL **64**

ČOKOLADNI MLEČNI JEČMENOV KRUH / CHOCOLATE BARLEY MILK BREAD **66**

PISANA PLETENICA / MOTLEY BRAIDED BREAD **68**

SADNI KRUH / FRUIT BREAD **70**

SADNI KRUHEK PRESENEČENJA / SURPRISE FRUIT LOAF **72**

JEČMENOVA PICA / BARLEY PIZZA **74**

VELIKONOČNI KEKSI / EASTER BISCUITS **76**

JEČMENOVI HRUSTLJAVČKI S KONOPLJO / BARLEY CRUNCHIES WITH HEMP **78**

KOKOSOVI KOLAČKI S SMETANO IN JAGODAMI / COCONUT CAKES WITH CREAM AND STRAWBERRIES **80**

JEČMENOVI MAFINI / BARLEY MUFFINS **82**

JEČMENOV DOMAČI PRIJATELJ Z OREHI / BARLEY BISCOTTI WITH WALNUTS **84**

JABOLČNE MINI PITE / MINI APPLE PIES **86**

JEČMENOVA SMETANOVA TORTA Z JAGODIČEVJEM / BARLEY CREAM CAKE WITH BERRIES **89**

JEČMENOVI BUHTLJI / BARLEY BUCHTEL BUNS **92**

JEČMENOVO-KORUZNA POTICA S KORENČKOVIM NADEVOM / BARLEY AND CORN POTICA WITH CARROT FILLING **94**

MIŠKE Z JEČMENOVO MOKO / BARLEY FLOUR FRITTERS **96**

SKUTNE ŠAPKE / COTTAGE CHEESE ROLLS **98**

JEČMENOVE MINI GIBANICE S KOSTANJI / MINI BARLEY GIBANICE WITH CHESTNUTS **101**

KVAŠENI LEŠNIKOVI ROGLJIČKI / LEAVENED HAZELNUT CROISSANTS **103**

KUHANI ŠTRUKLJI S ČOKOLADO IN ČILIJEM / BOILED ŠTRUKLJI WITH CHOCOLATE AND CHILLI **106**

ZLOŽENE ČOKOLADNE PALAČINKE BREZ JAJC / EGG-FREE STACKED CHOCOLATE CRÊPES **108**

JABOLČNI MLEČNI RIŽ Z JEČMENOM IN AJDO / APPLE RICE PUDDING WITH BARLEY AND BUCKWHEAT **112**

PIRINA SLADKA KAŠA Z JEČMENOM, OREHI IN SUHIM SADJEM / SPELT PORRIDGE WITH BARLEY, WALNUTS AND DRIED FRUITS **114**

MISLIJI Z JEČMENOVO KAŠO IN SIROM / MUESLI WITH BARLEY GROATS AND CHEESE **116**

JEČMENOV ČAJ / BARLEY TEA **118**

JEČMENOVA KAVA / BARLEY COFFEE **119**



IZVOR JEČMENA

Ječmen je ena najstarejših poljščin, kar jih goji človeštvo, pridelovati so ga začeli pred približno 10.000 leti. Po koruzi, rižu in pšenici je četrta najpomembnejša zrnasta kultura v svetovnem merilu. Ječmen (*Hordeum vulgare* L.) je bližnji sorodnik pšenic, botanično ga uvrščamo med trave in agronomsko med žita, nikakor pa ni 'žitnica'. Tej besedi se v slovenščini izogibamo, to je hrvaška beseda za slovensko žito, v slovenščini pa beseda žitarice pomeni ženske, ki na trgu prodajajo žito in žitne izdelke.

Divja podvrsta ječmena, iz katere je z izborom nastal kultivirani ječmen, raste po travniških in gozdovih v zahodni Aziji vse od Tibeta do severovzhodne Afrike. Občasno je tudi kot plevelna rastlina na kultiviranih območjih. Divji ječmen ima krhek klas. Ko se rastline z zreliimi klasi dotakne žival, se klas razdre in plevnata zrna – plodiči, ki jih laično imenujemo semena, se oprimejo kože ali kožuha živali. Prej ali slej zrno odpade in nova rastlina divjega ječmena lahko vznikne na drugem kraju. Pri divje rastočem ječmenu so se občasno pojavljale tudi posamezne rastline s spontanimi dednimi spremembami (mutacijami) za trden klas. V naravi so se take rastline težje širile in raz-

ORIGINS OF BARLEY

Barley, one of the oldest cultivated crops, has been farmed for about 10.000 years. It is the fourth most important grain crop worldwide, following maize, rice and wheat. Barley (*Hordeum vulgare* L.) is closely related to wheat species and is botanically a member of the grass family or, in the agronomic context, cereals.

Domesticated barley had through a selection process been developed from a wild subspecies that grows in grasslands and woodlands of western Asia, from Tibet to north-eastern Africa. It occasionally appears in cultivated areas as a weed plant. Wild barley has a brittle spike. If an animal touches a plant with a mature spike, the spike will break and the hulled grains – fruitlets, known generally as seeds – will cling to animal's fur or skin. They will fall off sooner or later, allowing a new plant of wild barley to sprout in a different place. Occasionally a spontaneous genetic mutation would occur in individual wild barley plants and cause a nonshattering spike to form. Plants of this sort have a limited ability to propagate in the wild. When barley is grown as a crop, it is however much easier to harvest plants with nonshattering spikes, so the mutated gene was preferred in domesticated subspecies of barley. The most im-

množevali. Pri gojenem ječmenu so kmetje lažje pobirali pridelek z mutiranim genom za trden klas, tako se je oblika trdnega klasnega vretena uveljavila pri gojeni podvrsti ječmena. Gojeni ječmen se od divjega razlikuje predvsem po trdnem klasu, zrna so razvrščena v dveh navpičnih vrstah (dvovrstni ječmen). Sčasoma so se pri gojenem ječmenu razvile še druge oblike, pri nekaterih sortah je v klasu večje število zrn v več (dveh ali šestih) navpičnih vrstah. Poznamo tudi sorte ječmena, pri katerih pleva ni trdno prirasla k zrnu in pri mlačvi izpade iz klasa golo zrno. Golo ječmenovo zrno je za nepoznavalce na videz zelo podobno zrnu pšenice. Ječmen z golimi zrnji je lažje mleti, pri setvi pa so gola zrna bolj izpostavljena neugodnim razmeram ter škodljivcem in boleznim v tleh.

V starem Egiptu je bil ječmen ena najpomembnejših poljščin, v hieroglifih so ga označevali s sliko klasa. Tudi med Rimljani je bil pogosto osnovna hrana, v primerjavi s pšenico pomembnejši vir kakovostnih beljakovin. V srednji Aziji, zlasti na himalajskem območju (severna Indija, Nepal, Tibet, Butan), je ječmen še zdaj eno od osnovnih živil.

V Sloveniji so že v času Valvasorja uporabljali ječmenovo kašo (phan/oluščen ječmen, ješprenj, iz njega pripravljena jed je ričet) in ječmenov kruh. V primerjavi s pšenico je bil cenejši, in zato hrana revnejših slojev prebivalstva. Dajali so ga tudi zapornikom, zato je rek 'jedel je ričet' pomenil, da je bil nekdo v zaporu. Ječmenov kruh je bil težek, ni bil tako rahel kot pšenični. V času

portant difference between domesticated and wild barley is the nonshattering spike, where grains are arranged in two vertical rows (two-row barley). In time, domesticated barley developed additional forms, and some varieties grow spikes with a larger number of grains in several (two or six) vertical rows. In certain varieties, grain is only loosely attached to the chaff and naked grain is released from the spike during threshing. To an untrained eye, a naked barley grain will closely resemble a grain of wheat. While milling naked barley grain requires less effort, the plant is more susceptible to unfavourable environmental conditions, pests and soil-borne diseases.

Barley was one of the most important crops of ancient Egypt; its hieroglyph symbol was an ear. It remained a common food staple in the Roman world, as it was a richer source of quality protein than wheat. In Central Asia, especially in the Himalayas (north India, Nepal, Tibet, Bhutan), barley continues to be one of the staples.

In Slovenia, husked barley (also called barley groats or hulled barley, known in Slovenia as ješprenj or, as a dish, ričet) and barley bread were already common in Valvasor's lifetime (1641–1693). Barley was cheaper than wheat and was therefore food of the lower classes. It was served in prisons as well, so the popular saying 'they had been eating ričet' meant that someone had been imprisoned. Barley bread is heavy and not as soft as wheat bread. When there was a food shortage in Japan, the less expensive barley was a requisite addition

pomanjkanja hrane so na Japonskem v riž morali obvezno dodajati cenejši ješprenj. Danes se ta navada vrača na Japonskem, v Južni Koreji in na Kitajskem za popestritev jedilnikov in za izboljšanje kakovosti hrane, zlasti zaradi kakovostnih beljakovin, vitaminov in mineralnih snovi. Tudi v Evropi čedalje bolj ugotavljamo, da ječmen ni samo odlična krma za prašiče in surovina za varjenje piva ter pripravo žganih pijač, ampak tudi izhodišče za okusne in kakovostne jedi. Ječmen se torej upravičeno vrača na naše mize.

GENETIKA JEČMENA, SORTE IN OBLIKE

Poleg koruze in pšenice je ječmen ena genetsko najbolj raziskanih gojenih rastlin. Osnovno število kromosomov je 7, to so različni kromosomi z različnimi geni, tako je število kromosomov v jajčni celici in v jedrih pelodnega zrna. Pri oplojeni jajčni celici je 14 kromosomov, enako je tudi v telesnih celicah rastlin ječmena. Pšenica, ki je bližnji sorodnik ječmena, ima v različnih vrstah kot osnovno število kromosomov prav tako 7 ali pa pogosteje mnogokratnike tega števila (14, 21).

Celice zunanjih plasti semen so enake genetske sestave kot celice materinske rastline, na katerih so semena zrasla. Celice kalčka imajo eno garnituro kromosomov od materinske rastline, podedovane od nje prek jajčne celice, drugo garnituro kromosomov pa podedovano prek pelodnega zrna, a ker je ječmen pretežno samooplodna rastlina, sta običajno obe garnituri enaki. Endosperm je genetsko nekaj posebnega, je triploiden, ima tri garniture kromosomov, dve prejme od materinske rastline in eno garnituro kromosomov prek pelodnega zrna.

in rice dishes. This tradition is now returning to Japan, Korea and China to ensure a varied diet and to improve its quality, particularly as a way of providing a source of quality protein, vitamins and minerals. Europe has also been slowly realising that barley can be the foundation of appetizing and nutritious dishes, and that its uses are not limited to quality pig fodder, beer brewing, or production of other alcoholic beverages. Barley is making its well-deserved way back to our dining tables.

GENETICS, VARIETIES AND TYPES OF BARLEY

Barley genome is one of the most researched ones among cultivated plants, along with corn and wheat. Barley's basic chromosome number is 7, as can be seen in egg cells and pollen grain nuclei. A fertilised egg cell has 14 chromosomes, same as any barley plant cell. As close relatives of barley, many varieties of wheat also have seven basic chromosomes, though multiples of seven (14, 21) are even more common.

Cells of seed's outer layers are genetically identical to the cells of the parent plant that had produced the seed. Embryo cells inherit one chromosome complement of the parent plant through the egg cell and the other from the pollen grain. As barley is foremost a self-pollinating plant, both chromosome complements are usually identical. Endosperm is genetically more distinct, as it is triploid and has three chromosome complements. Two of these are inherited from the female parent plant and one from the pollen grain.

A close-up photograph of two rectangular pastries on a white plate. The pastries are golden-brown and filled with a dark chocolate spread. They are being dusted with powdered sugar, which is captured in mid-air, creating a soft, ethereal effect. The background is blurred, showing a wooden surface and a patterned cloth.

RECEPTI / RECIPES

JEČMENOVI ŽGANCI S KROMPIRJEM

Sestavine:

200 g ječmenove moke (ali 100 g pšenične in 100 g ječmenove moke)
200 ml vode
200 g krompirja
sol
2 veliki žlici kisle smetane
surovo maslo za pekač

Moko stresemo v vrelo osoljeno vodo in kuhamo 40–45 minut. Zmes ves čas mešamo s kuhalnico, sicer nastajajo majhne grudice. Dobimo lepljive žgance.

Posebej skuhamo krompir, ga olupimo, narežemo na rezine in umešamo v žgance. Oboje dušimo na zmernej temperaturi približno 10 minut.

Nato prestavimo maso žgancev s krompirjem v pomaščen pekač, malo pomažemo s kislom smetano in pečemo približno 20 do 30 minut pri 170 do 180 °C.

Postrežemo lahko kot samostojno jed, lahko pa tudi h govejemu golažu, piščančjemu ali kunčjemu paprikashu. Za prilogo lahko naredimo fižolovo omako iz stročjega fižola.

BARLEY ŽGANCI WITH POTATOES

Ingredients:

200 g barley flour (or 100 g wheat flour and 100 g barley flour)
200 ml water
200 g potatoes
salt
2 large tablespoons sour cream
butter for greasing the pan

Pour the flour into salted boiling water and cook for 45–50 minutes. Keep stirring with a wooden spoon or small lumps may develop. The mixture will form into sticky žganci.

Cook the potatoes separately, peel and slice them, then mix the slices into žganci. Let the mixture stew for about 10 minutes on a moderate heat.

Transfer the žganci and potatoes mix into a greased pan, lightly coat with sour cream and bake for about 20 to 30 minutes at 170 to 180 °C.

Serve as main dish or as a side dish with beef goulash, or chicken and rabbit paprikash. French beans in a sauce are also an optional side dish.



TRIBARVNA POLENTA Z JEČMENOM

Sestavine:

100 g pšeničnega zdroba (kuhamo v 400 ml vode 10 do 15 minut)
100 g koruznega zdroba (kuhamo v 300 ml vode 15 do 20 minut)
100 g ječmenovega zdroba (kuhamo v 100 do 150 ml vode 45 minut)
sol

Pšenični zdrob kuhamo tako, da na eno volumsko enoto zdroba damo 4 enote vode, ker se zelo nakuha. Koruzni zdrob kuhamo tako, da na eno enoto zdroba damo tri enote vode. Ječmenov zdrob se ne nakuha, zato ga kuhamo tako, da na eno enoto zdroba damo eno enoto vode.

Vsak zdrob posebej kuhamo v vreli osoljeni vodi. Premešamo in pustimo, da se kuha oziroma pari na majhnem ognju. Posoda naj bo pokrita, vsakih nekaj minut zmes premešamo. Na koncu zlijemo v pekač najprej pšenično polento ter pustimo, da se ohladi. Nato na njo zlijemo koruzno polento in ponovno pustimo, da se ohladi. Nazadnje zlijemo še ječmenovo polento. Pekač s polento damo v hladilnik in serviramo naslednji dan.

K polenti ponudimo gobovo omako ali goveji golaž. Lahko je tudi samostojna jed s kisló smetano, ocvirki ali zaseko. Prepražimo lahko tudi pršut ali panceto z rožmarinom in s tem posipamo, če jemo polento kot samostojno jed.

TRICOLOUR POLENTA WITH BARLEY

Ingredients:

100 g wheat grits (cook with 400 ml of water for 10 to 15 minutes)
100 g cornmeal (cook with 300 ml of water for 15 to 20 minutes)
100 g barley grits (cook with 100 to 150 ml of water for 45 minutes)
salt

When preparing wheat grits, use 4 unites of water per one unit of grits as it will swell considerably while cooking. For cornmeal, use three units of water per each unit of cornmeal. Barley grits do not expand as they cook, so cook one unit of grits with one unit of water.

Separately cook all three varieties of grits in boiling salted water. Stir and let simmer or steam on a low heat. Stir the mixture every few minutes and do not cover the pans. To finish the dish, pour wheat grits into a baking pan and let cool. Cover with corn polenta and again set aside to cool. Finish by topping with barley polenta. Store the pan of polenta in the refrigerator and serve the following day.

Serve polenta with mushroom sauce or beef goulash, or as a main dish with sour cream, cracklings or minced lard. Alternatively, roast prosciutto or pancetta with rosemary and sprinkle over polenta, if it is served as a main dish.



JEČMENOVA VEČBARVNA ENOLONČNICA

Sestavine:

200 g ječmenove kaše
400 g različne zelenjave (korenje,
zelena, por, korenina peteršilja, cvetača,
brokoli, grah, sveža rdeča, zelena, rumena
paprika ...)
100 g suhega fižola
100 g čebule (najbolje mlade)
30 do 50 g svežega zelenega peteršilja
4 stroki česna
malo morske soli
lovorjev list
poper
10 ml oljčnega olja (lahko uporabite tudi
ghee maslo)
prekajeno meso (po želji)

Ječmenovo kašo in fižol namočimo ločeno v vodi za 24 ur pred pripravo in večkrat premešamo ter na koncu dobro operemo. Ječmenovo kašo in drobno narezano čebulo, lovorjev list, malo soli in poper kuhamo v 2 litrih vode do mehkega. Zelenjavo dodamo proti koncu kuhanja, postopoma najprej na kocke narezan por, paprike, korenček, korenino peteršilja, korenino zelene, grah in na koncu še cvetačo ter brokoli, da se ne razkuhata.

Posebej skuhamo namočen in opran fižol, da se zmehča. Uporabimo lahko tudi fižol iz pločevinke, če nimamo suhega zrnja. Če uporabimo fižol iz pločevinke, ga dodamo skoraj na koncu, da se ne prekuha. Ko je zelenjava kuhana, dodamo stisnjen česen in odstavimo.

Pred serviranjem dodamo še sveži na drobno narezani peteršilj in malo polijemo z oljčnim oljem (ali raztopljenim ghee maslom). Po želji lahko dodamo tudi na kocke narezano kuhano prekajeno meso.

MULTI-COLOURED BARLEY STEW

Ingredients:

200 g barley groats
400 g mixed vegetables (carrots, celery,
leeks, parsley root, cauliflower, broccoli,
peas, fresh red, green or yellow
peppers,...)
100 g dried beans
100 g onion (spring onion is best)
30 to 50 g fresh parsley
4 cloves garlic
small amount of sea salt
bay leaf
pepper
10 ml olive oil (or ghee butter)
cured meat (if desired)

Separately soak barley and beans for 24 hours, stirring occasionally. Rinse soaked barley and beans well. Cook barley, finely chopped onions, bay leaf, and a bit of salt and pepper with 2 litres of water until soft. Add vegetables towards the end of cooking time, starting with diced leeks, peppers, carrots, parsley root, celery root and peas, ending with cauliflower and broccoli to avoid overcooking.

In a separate pan, cook the soaked and washed beans until tender. If dried beans are not available, replace them with canned beans. Add canned beans right before the vegetables are done or they will overcook. When the vegetables are done, add crushed garlic and turn off the heat.

Sprinkle finely chopped parsley over the stew and lightly drizzle with olive oil (or melted ghee butter) before serving. If desired, dice cooked cured meat and serve it with the dish.



JEČMENOV VEGETARIJANSKI GOLAŽ

Sestavine:

500 g kuhane ječmenove kaše
500 g mesa različnih jedilnih buč
(npr. cukini, hokaido buča)
500 g čebule
50 g svežega paradižnika
50 g ali manjša sveža paprika
3 stroki česna
okrog 1 dl oljčnega olja
5 g balzamičnega kisa
2 l zelenjavne jušne osnove ali vode
10 g paradižnikove mezge (2 žlici)
10 g paprike v prahu (2 žlici)
začimbe: majaron, timijan, mleta kumina,
poper, čili v prahu
sol (po okusu)
200 g govejega mesa za golaž (po želji,
ni nujno)

Sveže buče očistimo, olupimo, narežemo na kocke in jih pražimo približno 20 do 30 minut. Lahko jih tudi popečemo v pečici.

Paradižnike in paprike narežemo na manjše kocke. Nasekljano čebulo zlato rjavo popražimo na oljčnem olju, dodamo papriko in na kocke narezane buče. Po nekaj minutah praženja dodamo papriko v prahu, paradižnike in strt česen. Tudi to popražimo, dodamo kuhano ječmenovo kašo, naprej pražimo in zalijemo z jušno osnovo, dodamo paradižnikovo mezgo, sol, poper, čili. Odišavimo z majaronom, timijanom, balzamičnim kisom in še malo pokuhamo.

Če bi želeli mesni golaž, lahko dodamo koščke govejega mesa, ki jih najprej podušimo v čebuli, nato dodamo buče in kuhano ječmenovo kašo ter preostale sestavine. Golaž je super za jesenski piknik, ki ga lahko ponudimo s pečenimi pogačicami – tris kaš (glej str. 40).

VEGETARIAN BARLEY GOULASH

Ingredients:

500 g cooked barley groats
500 g pumpkin flesh (such as zucchini, or Hokkaido)
500 g onions
50 g fresh tomatoes
50 g or 1 small bell pepper
3 cloves garlic
about 1 dl olive oil
5 g balsamic vinegar
2 l vegetable stock or water
10 g tomato puree (2 tablespoons)
10 g paprika (2 tablespoons)
herbs: marjoram, thyme, ground cumin,
pepper, chilli powder
salt (to taste)
200 g beef for the goulash (if desired,
optional)

Wash, peel and dice fresh pumpkins, then sauté for about 20 to 30 minutes. Pumpkin flesh can also be roasted in an oven.

Cut tomatoes and peppers into small cubes. Sauté chopped onions with olive oil until golden brown, then add peppers and diced pumpkin. After a few minutes, add ground paprika, tomatoes, and crushed garlic. Keep sautéing the mixture, adding cooked barley groats first, then the stock, tomato puree, salt, pepper and chilli. Dress with marjoram, thyme, and balsamic vinegar and cook for a short while longer.

If you prefer meat goulash, add cubes of beef that had been sautéed with onions, before stirring in pumpkin, cooked barley groats and other ingredients. Goulash is a great dish for a fall picnic and can be served with layered pies (see page 40).

