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POTICE

ZALOŽBA
KMEČKI GLAS

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Potica – Slovensko praznično pecivo

Če bi izbirali deset slovenskih znamenitosti, bi mednje prav gotovo uvrstili potico, ki jo pozna skorajda vsa Slovenija, v delu Primorske pa še njeno sorodnico gubanico. V vzhodnem delu Slovenije je potica navadno tudi pogača, v Beli krajini in na Štajerskem povitica. Potica je slovenska kulinarčna posebnost, predvsem pa je to praznično pecivo, ki je bilo v 18. stoletju doma skoraj po vsej Sloveniji. Prve pisne omembe te slavnostne jedi segajo tja v 17. stoletje. Opisal jo je znani slovenski polihistor Valvasor. Za območje Gorenjske opisuje, kako napravijo veliko pogačo za ženitovanjsko pojedino: »Iz lepe bele pšenične moke spečejo velik hleb, kakih dvajset funtov težak, ki je lahko precej večji ali manjši, kakor se pač ljudje hočejo postaviti. Nekateri denejo vanj masti in jajc. Zgoraj narede iz testa vsakovrstne okraske in čirečare ... Tak kruh imenujejo velika pogača.« Druge vrste ženitovanjsko pecivo, ki ga - tudi za Gorenjsko - opisuje Valvasor, je presnec, ki so ga pripravili takole: »Iz testa

Potica – Slovene festive pastry

On a ten-item list of Slovene specialties one should undoubtedly find *potica* (pronounced paw tee' tzah). This roll-cake, consisting of a sheet of pastry spread with a rich filling and rolled up, is well known in all regions of Slovenia under a variety of names. In the Primorska region *potica*'s kin is called *gubanica*, in eastern Slovenia the commonest name for this cake is *pogača* (pronounced pogacha) – a flat cake, while in the southern region of White Carniola (Bela Krajina) and in Styria (Štajerska) this cake is known also under the name *povitica*. *Potica* is a Slovene gastronomic specialty, but above all it is a festive pastry pertinent to almost all Slovene homes from the 18th century on. Famous Slovene historian and member of British Royal Society, Janez Valjard Valvasor first described this solemn dish in the 17th century. In the Upper Carniola region he noted a big flat cake that the people prepared for wedding feasts. »This kind of bread was called the big flat cake (*pogača*).« Another kind of pastry, already

Testo za potico iz koruzne moke I

200 g koruzne moke, 300 g bele moke (tip 400 ali 500), 30 g kvasa, 80 g margarine za pečenje, 80 g sladkorja, 1 jajce, pribl. 2 dl mleka, višnjevo žganje (kirsch), limonina ali pomarančna lupina, vanilijev sladkor ali aroma, sol

Testo za potico iz koruzne moke II

200 g koruzne moke, 300 g bele moke (tip 400 ali 500), 30 g kvasa, 80 g margarine za pečenje, 80 g sladkorja, pribl. 2,5 dl mleka, višnjevo žganje (kirsch), limonina ali pomarančna lupina, vanilijev sladkor ali aroma, sol

Testo za slano potico iz koruzne moke

200 g koruzne moke, 300 g bele moke (tip 400 ali 500), 30 g kvasa, 80 g margarine ali olja, pribl. 2,5 dl vode, sol

Maize potica dough I

200 g maize flour, 300 g white flour (type 400 or 500), 30 g yeast, 80 g baking margarine, 80 g sugar, 1 egg, approx. 2 dl milk, kirsch, lemon or orange peel, vanilla essence, salt

Maize potica dough II

200 g maize flour, 300 g white flour (type 400 or 500), 30 g yeast, 80 g baking margarine, 80 g sugar, approx. 2.5 dl milk, kirsch, lemon or orange peel, vanilla essence, salt

Maize flour salty potica dough

200 g maize flour, 300 g white flour (type 400 or 500), 30 g yeast, 80 g baking margarine or oil, approx. 2.5 dl water, salt

Priprava testa iz koruzne moke

Polovico tekočine zavremo in z njo poparimo koruzno moko, dobro premešamo. Če mlačni moki primešamo belo moko, v mlačni vodi raztopljen kvas, raztopljeno maščobo, sol, pri sladkem testu pa še ostale arome ter sladkor in jajca, če to zahteva recept. Počasi dodajamo drugo polovico tekočine in zgnetemo srednje gosto testo. Pazimo na dodajanje tekočine, kajti tudi testo iz koruzne moke je zelo hitro premokro – v tem primeru moramo dodati več bele moke. Testo vzhajamo. Kot pri ostalih vrstah kvašenega testa naj se količina testa pri vzhajanju podvoji. Tudi koruzno moko poparimo zaradi arome, škrob v moki pa se potem tudi bolje veže na belo moko, zaradi česar se pečeno testo ne drobi tako hitro. Testo enkrat premesimo. Testu lahko dodajamo poljubna semena, kosmiče ali kuhane kaše.

Maize flour dough

Boil one half of the liquid and scald the maize flour with it, stir well. To the tepid mixture add white flour, in tepid water dissolved yeast, melted fat, salt and for a sweet dough sugar, aromas and eggs if required by the recipe. Slowly add the other half of the liquid, knead into medium thick dough. Do not add too much liquid since maize dough also quickly becomes too humid – if it happens add more white flour. As with other types of dough, leave to rise to double. Maize flour needs to be scalded because of its aroma and to make the starch combine with white flour more easily and consequently prevent the cake from crumbling. Knead once during the rising. Seeds, flakes or cooked porridges can be added to taste.

Pistacijin nadev

400 g mlete zelene nepražene pistacije,
100 g piškotnih drobtin,
150 g sladkorja,
2 jajci,
1 dl sladke smetane,
vanilijev sladkor,
limonina lupina,
višnjevo žganje (kirsch)

Mlete pistacije, polovico piškotnih drobtin, jajci, sladkor, sladko smetano, arome, dišave in višnjevo žganje (kirsch) zmešamo, namažemo po testu in potresemo z drugo polovico drobtin. Temperatura nadeva naj bo enaka temperaturi testa. Tesno zavijemo. Položimo v pripravljen model ali pekač, prebodemo in vzhajamo. Pred peko na tanko premažemo z zmesjo mleka in jajc, pazimo, da ne zapolnimo luknjic, ki smo jih naredili pri prebadanju.

Uporabimo lahko belo, ajdovo, koruzno, rženo ali polnozrnato sladko testo.

Čas pečenja: 50 minut.

Temperatura: 190 °C, (vent.) 175 °C, (plin) 2–3 stopnje.

Pistachio nut filling

400 g green not roasted pistachio nuts,
100 g biscuit crumbs,
150 g sugar,
2 eggs,
1 dl double cream,
vanilla essence,
lemon peel,
cherry liquor (kirsch)

Mix ground pistachio nuts, half of biscuit crumbs, eggs, sugar, double cream, aromas, spices and kirsch; spread on dough and sprinkle with the other half of crumbs. The temperature of the filling should be equal to that of the dough. Roll tightly. Place into a mould or pan, prick and leave to rise. Before baking, coat with a thin layer of milk and egg mixture. Make sure the holes are not stopped.

White, buckwheat, maize, rye or whole-grain sweet dough can be used.

Bake time: 50 minutes.

Temperature: 190°C, 175°C (fan), level 2-3 (gas).



Pistacijina potica | Pistachio nut potica