

BLANKA VOMBERGAR • IVAN KREFT • MARIJA HORVAT • STANKO VORIH

AJDA

BUCKWHEAT



DOPOLNJENA IZDAJA / UPDATED EDITION

ZALOŽBA KMEČKI GLAS

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OD KOD IZVIRA AJDA IN KJE JO GOJIJO

Ajda izvira z vzhodnih predgorij Himalaje, iz Junana, Sečuana in Vzhodnega Tibeta. V Junanu in kitajskih provincah Shanxi in Shaanxi pridelujejo in uporabljajo predvsem navadno ajdo. V jugozahodnem delu Sečuana pridelujejo tatarsko ajdo na nadmorski višini okoli 2000 do 2800 metrov, v Nepalu pa navadno in zlasti tatarsko ajdo na še višje ležečih krajih. V Butanu in na severnih območjih Indije, zlasti v okolici Srinagarja, ter tudi na severnih območjih Pakistana in Afganistana so znani po pridelovanju ajde. Z območja okoli Himalaje se je ajda širila naprej po svetu.

V Evropo je prišla verjetno po svileni poti, morda pa tudi prek Sibirije. V Sloveniji je prva omemba ajde znana iz leta 1426, v tem obdobju je znanih tudi več zapisov iz Nemčije. Postopoma se je razširila po skoraj vsej Evropi, zlasti pa po Vzhodni in Srednji. Znani pridelovalci so bili Rusi, Ukrajinci, Belorusi, Poljaki, Nemci, Čehi, Madžari, Bosanci, Črnogorci, Hrvati (zlasti na severu, nekoč pa tudi v Istri), Avstrijci, Italijani (predvsem na severu, v Valtelini in na Južnem Tirolskem), na jugu Švice, v Luksemburgu, Franciji (zlasti v Bretaniji), nekaj so je pridelovali na Finskem (zlasti na jugovzhodu), posamezni zapisi o pridelovanju ajde so znani tudi iz Portugalske, Španije, Anglije in Škotske. V dvajsetem stoletju se je ajda s polj umikala drugim poljščinam, zlasti krmnim rastlinam, zadnja leta pa se v Evropi znova širi zanimanje za pridelovanje in uporabo ajde.



WHERE DOES BUCKWHEAT ORIGINATE AND WHERE IS IT GROWN TODAY?

Buckwheat originates in the eastern foothills of the Himalayas, in Yunnan, Sichuan, and East Tibet. In Yunnan and the Chinese provinces of Shanxi and Shaanxi the buckwheat grown and used is mostly of the common species. In southwest Sichuan, Tartary buckwheat is grown at 2000 to 2800 metres above sea level, while in Nepal both common and especially Tartary buckwheat are grown at even higher altitudes. Bhutan and the northern parts of India, particularly around Srinagar, as well as the northern areas of Pakistan and Afghanistan are well-known for buckwheat cultivation. From around the Himalayas, buckwheat spread throughout the world, most probably reaching Europe by the Silk Road, or perhaps through Siberia. The first written record of buckwheat in Slovenia dates to 1426, which is also around the time when it is mentioned by several German texts. Buckwheat then spread throughout almost all of Europe, particularly across Eastern and Central Europe. It is known to have been cultivated by Russians, Ukrainians, Belarusians, Poles, Germans, Czechs, Hungarians, Bosnians, Montenegrins, Croats (especially in the north of Croatia, but also in Istria), Austrians, Italians (especially in the north of Italy, in Valtellina and South Tyrol), in Southern Switzerland, Luxembourg, France (especially Brittany), and even in Finland (particularly in the southeast of the country). There are also writings referencing the cultivation of buckwheat in Portugal, Spain, England, and Scotland. In the 20th century, buckwheat gave way to other crops, especially fodder plants, however, the last few years in Europe have seen a renewed interest in buckwheat's cultivation and use.



Mlatilnica / Tresher



Stope na vodni pogon / Water-driven buckwheat dehusking device

Iz Evrope se je ajda širila tudi v Kanado in v severna območja ZDA. Znanе so zgodbe o tem, da so prekmurski izseljenci s seboj v Ameriko namesto gotovine nesli ajdovo kašo, kjer so jo uporabljali za prehrano in prodajo.

S Kitajske se je ajda širila naprej proti Koreji in Japonski. Prvi znan zapis o ajdi na Japonskem je iz leta 722, domneva pa se, da je bila tam razširjena že ob koncu 4. ali v začetku 5. stoletja. Po ajdi je bila znana zlasti pokrajina Shinano (zdajšnji Nagano) in ajda je bila tam povezana z budističnim načinom življenja. Z Japonske se je ajda širila naprej, z japonskimi izseljenci v Južno Ameriko (zlasti v državo Parana v Braziliji), v zadnjih 20 letih pa tudi v Avstralijo. V avstralski državi Tasmaniji je že vrsto let znana ajda »Tasmania-soba«, ki jo pridelujejo za japonsko tržišče.

NAVADNA IN TATARSKA AJDA

Pridelujemo dve vrsti ajde: navadno (*Fagopyrum esculentum*) in tatarsko (*Fagopyrum tataricum*).

NAVADNA AJDA ima bele, rožnate ali rdečkaste cvetove. Pogosto so stebela ajde na osončeni strani rdečkasto obarvana. Nekatere rastline imajo dolge prašnike in kratke pestiče, druge, na istem polju, pa dolge vratove pestičev in kratke prašnike. Na polju sta oba tipa rastlin pomešana in samo rastline z različnimi tipi cvetov se lahko medsebojno oplodijo. Pelod prenašajo z rastline na rastlino čebele, ko nabirajo medicino. Polje navadne ajde lepo diši in avgusta, ko v Sloveniji ajda navadno cvete, se v lepem sončnem vremenu, zlasti dopoldne, na ajdovem polju sliši brenčanje čebel. Semena navadne ajde so gladka, triroba, svetlo sive do srebrne barve, včasih imajo siva semena podolgovate ali nepravilne temnejše pege, zrna so lahko rjava ali redkeje črna.

From Europe, buckwheat also travelled to Canada and the northern United States. There are stories about emigrants from Prekmurje taking buckwheat groats instead of cash to America, in order to cook with it and sell it.

From China, buckwheat made its way to Korea and Japan. The first known Japanese text referencing buckwheat is from 722, but it is generally thought to have already been widespread in the late 4th or early 5th century. Buckwheat was particularly typical to the Shinano (today the Nagano Prefecture), where it was connected to the Buddhist lifestyle. From Japan, buckwheat travelled forth, as Japanese emigrants took it to South America (especially to the Paraná state of Brazil) as well as to Australia in the past 20 years. The Australian state of Tasmania has for some time been known for its »Tasmania-soba« buckwheat, grown for the Japanese market.

COMMON AND TARTARY BUCKWHEAT

There are two species of buckwheat that are cultivated: common (*Fagopyrum esculentum*) and Tartary (*Fagopyrum tataricum*).

COMMON BUCKWHEAT has white, pink, or reddish flowers. On the sunny side, its stems often have a reddish hue. Some plants have long stamens and short carpels, while others, even those growing in the same field, may have long-styled carpels and short stamens. In the field, there are plants of both types, but fertilization is only possible between plants with different types of flowers. Pollen is carried between plants by bees as they collect the nectar. A field of common buckwheat gives off a pleasant aroma, and on a nice sunny day in August, when buckwheat usually flowers in Slovenia, one can hear bees buzzing in buckwheat fields. The seeds of common buckwheat are smooth, triangular, and light grey to silver in colour. Its grey seeds are sometimes splotched with oblong or irregular dark spots, and the grains are sometimes black or more often brown.

Tatarska ajda / Tartary buckwheat



TOPLA AJDOVA KAŠA S PARADIŽNIKOM ALI DRUGO ZELENJAVO

SESTAVINE:

100 G AJDOVE KAŠE (NAVADNA ALI TATARSKA AJDA)
1 SREDNJE VELIKA ČEBULA
STROK ČESNA
PARADIŽNIK
30 G SLANINE ALI PANCETE
SOL
POPER
RASTLINSKO OLJE

Ajdovo kašo skuhamo v slani vodi in odcedimo. Posebej v ponvi popražimo čebulo (do zlato rjave barve), dodamo narezan česen, paradižnik, narezan na rezine, in nadaljujemo praženje. Dodamo kuhano ajdovo kašo, slanino ali panceto, popramo, dodamo narezan peteršilj. Vse skupaj dušimo in sproti zalivamo z vodo (ali juho). Ponudimo še toplo kot samostojno jed s solato ali kot toplo prilogo k mesu.

Kot zelenjavni dodatek h kaši pa lahko uporabimo tudi gobice, svežo papriko, radič, por, zelje, beluše, bučke ali kumare. Zelenjavo lahko kombiniramo med seboj oziroma jo izberemo po svojem okusu.

WARM BUCKWHEAT GROATS WITH TOMATO OR OTHER VEGETABLES

INGREDIENTS:

100 G BUCKWHEAT GROATS (COMMON OR TARTARY)
1 MEDIUM ONION
1 CLOVE GARLIC
TOMATO
30 G BACON OR PANCETTA
SALT
PEPPER
VEGETABLE OIL

Cook the buckwheat groats in salted water and drain. In a pan, sauté onions (until golden-brown), add sliced garlic, sliced tomatoes and cook for a while. Add cooked buckwheat groats, bacon or pancetta, pepper, and chopped parsley. Cook the mixture, adding water (or stock) when necessary.

Serve warm as a dish in itself, coupled with salad, or as a side to a meat-based dish.

Other vegetables that can be added to the porridge include mushrooms, fresh bell peppers, radicchio, leeks, cabbage, asparagus, courgettes, and cucumbers. Combine different vegetables or pick one to taste.



POPEČENI AJDOVI ŠIROKI REZANCI

SESTAVINE ZA REZANCE:

500 G NAVADNE ALI TATARSKJE AJDOVE MOKE
500 G PŠENIČNE OSTRE MOKE
1–2 JAJCI (50–100 G); PO ŽELJI – NI NUJNO
VODA

SESTAVINE ZA PEČENE REZANCE:

300 G KUHANIH AJDOVIH REZANCEV
100 G SUROVEGA MASLA
100 G SVEŽE NARIBANEGA PARMEZANA
100 G KUHANE VRATOVINE ALI PRŠUTA
100 G MOCARELE
1 ŽLICA DROBNO SESEKLJANEGA PETERŠILJA
100 G NAREZANIH JURČKOV
POPER, ČESEN, KUHANA AJDOVA KAŠA ALI DROBTINE ZA POSIP

V strojčku za izdelavo testenin zamesimo moko in vodo, lahko dodamo jajca. Testo stiskamo skozi model in naredimo široke rezance, ki so rahlo zelenkasto rjave barve (iz tatarske ajdove moke) ali sivkaste barve (iz navadne ajdove moke).

Testo lahko zamesimo tudi ročno, pri čemer dodamo ustrezno količino vode za ročno pripravo testa. Testo razvaljamo in pripravimo rezance, ki jih sušimo na mrežastih podlagah.

Vrelo vodo solimo, dodamo malo olja, rezance kuhamo 4 do 5 minut in jih odcedimo. Če kuhamo tatarske ajdove rezance, bo voda intenzivno rumena in se bo penila.

BUCKWHEAT PASTA BAKE

PASTA INGREDIENTS:

500 G COMMON OR TARTARY BUCKWHEAT FLOUR
500 G STRONG WHEAT FLOUR
1–2 EGGS (50–100 G); OPTIONAL
WATER

PASTA BAKE INGREDIENTS:

300 G COOKED BUCKWHEAT PASTA
100 G BUTTER
100 G FRESHLY GRATED PARMESAN CHEESE
100 G BOILED PORK NECK OR PROSCIUTTO
100 G MOZZARELLA CHEESE
1 TABLESPOON FINELY CHOPPED PARSLEY
100 G SLICED PORCINI MUSHROOMS
PEPPER, GARLIC, AND COOKED BUCKWHEAT GROATS OR BREADCRUMBS FOR SPRINKLING

Use a pasta machine to mix flour and water and, optionally, eggs. Feed the dough through the appropriate attachment to make pasta, which are either slightly greenish-brown (with Tartary buckwheat flour) or greyish (with common buckwheat flour).

You can also mix the dough manually, in which case you should add the appropriate amount of water for the dough to be pliable. Roll out the dough and make ribbons, then dry these on a mesh surface.

Boil water and add salt and a bit of oil, boil the pasta for 4 to 5 minutes, drain. If you are boiling Tartary buckwheat pasta, the water will be intensely yellow and foamy.



Pekač namažemo z maslom in potresemo s kuhano ajdovo kašo ali drobtinami. Vanj položimo na koščke narezano vratovino. Kuhane rezance premešamo z maslom, na koščke narezano mocarelo, začimbami in jih damo v pekač. Nanje položimo predhodno na česnu popečene rezine jurčkov in potresemo s parmezanom. Na hitro jih popečemo v močno ogreti pečici.



Butter a baking pan and sprinkle it with cooked buckwheat groats or breadcrumbs. Add pieces of sliced pork neck. Mix cooked pasta with butter, cubed mozzarella cheese, and spices and add them to the baking pan. Cover with sautéed porcini slices and garlic and sprinkle with parmesan cheese. Bake for a few minutes in a very hot oven.

JAGODNA AJDOVA RULADA

SESTAVINE:

100 G TATARSKE AJDOVE MOKE ALI NAVADNE AJDOVE MOKE
100 G SLADKORJA
4 JAJCA (200 G)
1 VANILJEV SLADKOR (10 G)
NARIBANA LUPINA 1 POMARANČE (BIO)

SESTAVINE ZA NADEV:

250 ML MINERALNE VODE
250 ML JAGODNEGA SOKA
100 G SLADKORJA
45 DO 50 G JAGODNEGA PUDINGA
100 G JAGOD

Pekač namažemo z maslom in posujemo z moko ali pokrijemo s papirjem za peko. Beljake stepemo v trd sneg in jim postopoma primešamo sladkor ter dodamo rumenjake, razmešane z vaniljevim sladkorjem. V maso iz rumenjakov in beljakov postopoma presejemo moko. Mešamo s privzdigovanjem kuhalnice ali metlice od spodaj navzgor. Delamo dolge gibe, da dosežemo rahlost mase. Pečemo 20 do 30 minut pri temperaturi 200 °C. Jagode operemo in razrežemo na male kose. Skuhamo puding in še vročega premažemo po pečenem testu ter posujemo z jagodami. Testo zvijemo in znova posujemo s sladkorjem v prahu ali premažemo s sladko smetano in okrasimo z jagodami. Po želji lahko zamenjamo okuse glede na letni čas.

STRAWBERRY BUCKWHEAT SWISS ROLL

INGREDIENTS:

100 G TARTARY BUCKWHEAT OR COMMON BUCKWHEAT FLOUR
100 G SUGAR
4 EGGS (200 G)
10 G VANILLA SUGAR
GRATED PEEL OF 1 ORANGE (ORGANIC)

FILLING INGREDIENTS:

250 ML MINERAL WATER
250 ML STRAWBERRY JUICE
100 G SUGAR
45 TO 50 G STRAWBERRY PUDDING
100 G STRAWBERRIES

Grease a baking sheet with butter and sprinkle with flour or cover it with parchment paper. Beat the egg whites until stiff peaks form, gradually adding sugar. Then mix in the egg yolks that have been beaten together with vanilla sugar. Gradually sift the flour into the mixture of egg yolks and whites. Mix by bringing the wooden spoon or spatula from the bottom up. The motions should be extended in order to make the batter light. Bake for 20 to 30 minutes at 200°C. Wash the strawberries and dice them finely. Cook the pudding, spread it over the baked dough before it cools down, and drop the strawberries all over. Roll up the dough and again dust with powdered sugar or brush with heavy cream and decorate with strawberries. Other flavours can be made, as you like, to fit the season.

