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OVES OATS

ZALOŽBA KMEČKI GLAS





Foto: I. Krefc

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IZVOR OVSA

V Evropi pridelujemo dve vrsti ovsa, navadni oves (*Avena sativa*) in manj znani črni oves (*Avena strigosa*), ki ga nekateri imenujejo tudi tanki, črni ali španski oves. Oves je bližnji sorodnik pšenice, botanično ga uvrščamo med trave in žita.

V Evropi ga pridelujemo v večjem obsegu vsaj dva tisoč let, v hladnih območjih severne in severozahodne Evrope pa so znaki o njegovem gojenju že pred tem. Domnevamo, da sta se tako oves kot rž sprva širila kot plevela v vrstah pšenice in ječmena. Na višjih nadmorskih višinah in v hladnejših krajih je glavni posevek pozebel, ohranile pa so se plevelne rastline oziroma sopotniki prvotno gojenih rastlin. Poleg plevnatega ovsa (zrna ovsa so tesno ovita s plevami) poznamo zlasti na Kitajskem tudi njegove gole oblike, ko zrno pri mlatenju zlahka izpade iz lata (socvetja). Nekateri goli oves uvrščajo v posebno vrsto, kar pa ni upravičeno, ker se plevnata oblika in goli oves razlikujeta le po enem genu (enem paru alelov), ki določa to lastnost. Drugi geni so lahko enako razporejeni v obeh oblikah, nekateri od njih lahko – tudi glede na razmere okolja – modificirajo lastnost lahkega izpadanja golih zrn med mlatenjem. Goli oves je težje pridelovati, ker moramo paziti, da se zrna ne osipajo po njivi že med zorenjem in žetvijo. Po drugi strani pa golega ovsa pred uporabo ni treba luščiti in je takoj pripravljen za kuhanje ovsene kaše. Pri strojnem luščenju ovsa se ne hote ali hote odstrani tudi del zunanjih plasti zrn, kjer so beljakovine in dragocene mineralne snovi.

V Sloveniji je ohranjenih nekaj starih kmečkih vzorcev navadnega ovsa, ne vemo pa, koliko so to res naše izvirne domače sorte, v kolikšni meri pa pomešane ali križane z uvoženimi sortami, ki smo jih dobivali predvsem iz severnih držav. Oves je samooplodna rastlina, cvetenje poteka zaprto. Pestič se oplodi s cvetnim prahom istega cveta in iste rastline, izjemoma pa se zgodi tudi navzkrižna oploditev s pelodom z druge rastline.

ORIGIN OF OATS

Two species of oats are grown in Europe, namely common oat (*Avena sativa*) and the less familiar black oat (*Avena strigosa*), also known as bristle oat, sand oat or small oat. Oats are closely related to wheat and are botanically part of grass and cereal family.

Oat has been extensively cultivated in Europe for at least 2000 years. There are indications for an even earlier cultivation in the cold areas of north and north-western Europe. Oats and rye presumably first spread as weeds with species of wheat and barley. At high altitudes and in cold climates the main crop would be damaged by frost while the weeds or companion plants would persevere. Apart from husked oat (where kernel is closely encased in lemma) naked forms, whose kernels easily separate from the hull with threshing, are most common in China. Though some (wrongly) consider naked oat a separate species, there is in fact a single gene (one allelic pair) that discerns husked from naked oat and is responsible for the free threshing characteristic. Other genes might be equally arranged in both forms and some of them – depending also on the environmental conditions – may modify the easy separation of husk and kernel. Growing naked oat is more difficult, as precautions must be taken to prevent the grains from scattering in the field during growth and harvest. On the other hand, naked oat does not require dehusking and is already suitable for cooking. Machine dehusking can inadvertently or intentionally remove parts of grain's outer layers along with protein and precious minerals they contain.

Some old farming samples of common oat are preserved in Slovenia, though it is not possible to ascertain whether these are original native cultivars or cross-breeds of cultivars imported mainly from northern countries. Oat is a self-pollinating crop, with non-opening flowers. Pistil is fertilised with pollen of the same flower and plant, or in rare cases is cross-fertilised with pollen of another plant.



RECEP
T I
R E C I P E S

OVSENI ŠTRUKLJI Z NADEVOM IZ ŠPINAČE ALI BLITVE

SESTAVINE ZA TESTO

- * 300 g krompirja (kuhanega)
- * 2 jajci
- * 1 žlica rastlinskega ali oljčnega olja
- * 200 g ovsene moko
- * 5 g praška vinskega kamna
- * malo soli

IZDELAVA TESTA

Krompir skuhamo, ga olupimo in še vročega pretlačimo, dodamo jajci, olje, ovseno moko, prašek vinskega kamna, sol in na hitro zgnemo testo.

Medtem ko testo počiva, pripravimo špinačni nadev.

SESTAVINE ZA ŠPINAČNI NADEV

- * 400 g narezane špinače ali blitve
- * 200 g drobnih ovsenih kosmičev
- * 200 g surovega masla
- * sol po okusu
- * muškatni orešček po okusu
- * malo olja za premaz folije
- * voda po potrebi

IZDELAVA NADEVA

Špinačo narežemo in dušimo na maslu. Dodamo malo muškata oreščka, sol in ovsene kosmiče. Po potrebi zalijemo z vodo.

IZDELAVA ŠTRUKLJA/ŠTRUKLJEV

Prozorno folijo namažemo z oljem. Na živilsko prozorno folijo testo raztegnemo ali razvaljamo približno za prst na debelo, premažemo s špinačnim nadevom in zvijemo v rulado. Štrukelj zavijemo najprej v prozorno folijo in nato še v alufolijo.

Kuhamo pol ure v slanem kropu in še vroče postrežemo na solatni posteljici z jogurtovim prelivom.

Ovsene štruklje lahko postrežemo kot samostojno jed z izbrano omako (na primer gobovo, bešamel, paradižnikovo ...) in solato ali pa so priloga k mesu v omaki.

OAT ŠTRUKLJI WITH SPINACH OR SWISS CHARD FILLING

DOUGH INGREDIENTS

- * 300 g potatoes (boiled)
- * 2 eggs
- * 1 tablespoon vegetable or olive oil
- * 200 g oat flour
- * 5 g cream of tartar
- * small amount of salt

DOUGH PREPARATION

Boil the potatoes, peel and mash them while they are still hot. Add eggs, oil, oat flour, cream of tartar, and salt, then quickly knead into a dough.

Prepare spinach filling while the dough is resting.

SPINACH FILLING INGREDIENTS

- * 400 g chopped spinach or Swiss chard
- * 200 g fine rolled oats
- * 200 g butter
- * salt, to taste
- * nutmeg, to taste
- * oil for greasing the foil
- * water, as needed

FILLING PREPARATION

Chop and sauté the spinach on butter. Add rolled oats, salt, and a little nutmeg. If needed, add some water.

ŠTRUKLJI PREPARATION

Brush plastic kitchen wrap with oil. Roll or stretch out the dough onto the plastic wrap to about 1 cm thick. Top with spinach filling and roll. Wrap the štrukelj first into plastic wrap, then in aluminium foil.

Cook in salted boiling water for half an hour. Serve hot on a salad bed with yoghurt dressing.

Oat štruklji can be served as main dish with sauce of choice (for example mushroom sauce, béchamel, tomato sauce ...) and salad or as side dish for meat in sauce.



OVSENI NARASTEK S FIŽOLOM IN KORENJEM

SESTAVINE ZA NARASTEK

- * 250 g korenja
- * 500 g fižola
- * 250 g ovsene kaše (ekološke)
- * 150 g ovsenih kosmičev (ekoloških)
- * 300–400 g kisle smetane
- * malo soli
- * malo muškarnega oreščka
- * malo lovorjega lista
- * malo kumine
- * pribl. 100 g surovega masla

PRIPRAVA

Korenček operemo, olupimo, ga narežemo na kocke ali ga grobo naribamo. Dodamo mladi luščen fižol, lovorjev list in kumino. Oves operemo in v slani vodi kuhamo 30 do 40 minut. Vodo odlijemo, odstranimo lovorjev list ter drobno seseklamo korenček, fižol in oves. Lahko zmešamo tudi v sekljalniku. Ovsene kosmiče namočimo v premešani kisli smetani. Ko se navlažijo, jih vsujemo k narezani zelenjavni masi, začínimo s soljo in muškarnim oreščkom. Manjši model dobro namažemo z maslom, potresemo z ovsenimi kosmiči in vanj vsujemo pripravljeno maso. Po vrhu potresemo koščke preostalega masla. Pečemo pri 180 do 200 °C 1 uro. Narastek naj sega v modelu vsaj 4 do 5 centimetrov visoko.

OAT SOUFFLÉ WITH BEANS AND CARROTS

SOUFFLÉ INGREDIENTS

- * 250 g carrots
- * 500 g beans
- * 250 g oat groats (organic)
- * 150 g rolled oats (organic)
- * 300–400 g sour cream
- * small amount of salt
- * small amount of nutmeg
- * few bay leaves
- * small amount of cumin
- * approx. 100 g butter

PREPARATION

Wash, peel, and dice or coarsely grate the carrots. Add young, shelled beans, bay leaf and cumin. Wash the groats and cook it in salted water for 30 to 40 minutes. Drain the water, remove the bay leaf and finely chop the carrots, beans and oats. Soak rolled oats in sour cream. When they have moistened, add them to the mixture of chopped vegetables and season with salt and nutmeg. Thoroughly butter a small baking mould, sprinkle it with rolled oats and fill with the mixture. Top with pieces of remaining butter. Bake at 180 to 200 °C for 1 hour. Soufflé should be at least 4 to 5 cm thick.



KEKSI IZ OVSENIH KOSMIČEV

SESTAVINE ZA TESTO

- * 250 g ovsenih kosmičev
- * 100 g surovega masla
- * 50 g rjavega sladkorja
- * 50 g cvetličnega medu
- * 100 g grobo mletih lešnikov
- * 3 rumenjaki
- * 6 beljakov
- * 50 g koščkov temne čokolade ali čokoladnih solzic za pečenje
- * 100 g pšenične bele moke TIP 500
- * 5 g praška vinskega kamna
- * 5 g drobno naribane limetine lupine
- * 5 ml limetnega soka
- * 14 g vaniljevega sladkorja
- * 100 g suhih sliv (narezanih)
- * 100 g rozin (narezanih)
- * 20 ml ruma

SESTAVINE ZA PREMAZ, DEKORACIJO IN PRELIV

- * malo beljaka (lahko ga prihranimo)
- * pribl. 50 polovičk suhih sliv
- * 200 g temne čokolade
- * 200 g bele čokolade

IZDELAVA

Suhe slive in rozine operemo, razrežemo na manjše kose. Namočimo jih v rumu in limetinem soku ter dodamo limonino lupino.

V ponvi popražimo ovsene kosmiče na maslu in malo medu. Med praženjem nenehno mešamo toliko časa, da so ovseni kosmiči zlato rjavi. Odstavimo z vroče površine, dodamo lešnike, namočene suhe slive in rozine.

ROLLED OATS BISCUITS

DOUGH INGREDIENTS

- * 250 g rolled oats
- * 100 g butter
- * 50 g brown sugar
- * 50 g flower honey
- * 100 g coarsely ground hazelnuts
- * 3 egg yolks
- * 6 egg whites
- * 50 g dark chocolate chunks or chocolate chips
- * 100 g white wheat flour, type 500
- * 5 g cream of tartar
- * 5 g finely grated lemon zest
- * 5 ml lime juice
- * 14 g vanilla sugar
- * 100 g prunes (chopped)
- * 100 g raisins (chopped)
- * 20 ml rum

EGG WASH, ICING AND DECORATION INGREDIENTS

- * small amount of egg white (can be kept when preparing the dough)
- * approx. 25 dried plums, halved
- * 200 g dark chocolate
- * 200 g white chocolate

PREPARATION

Wash and chop prunes and raisins. Soak in rum and lime juice, adding the lemon zest.

Roast rolled oats in a pan with butter and a bit of honey. Stir constantly until golden brown. Remove from the hot pan and mix with hazelnuts and soaked prunes and raisins.

