

BLANKA VOMBERGAR • IVAN KREFT • MARIJA HORVAT • STANKO VORIH

PROSO / MILLET

ZALOŽBA KMEČKI GLAS

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IZVOR PROSA

Proso je eno prvih žit, ki so jih ljudje uporabljali za hrano. Izvira verjetno iz osrednje Azije, kjer so ga ljudje na Kitajskem uporabljali že pred 10.000 leti, še preden je bilo tam razširjeno pridelovanje riža. Že pred 5.000 leti so proso pridelovali od Kitajske vse do obal Sredozemskega morja. S širjenjem bolj rodnega riža se je na območju južne in srednje Kitajske proso počasi umikalo rižu. Vse do zdaj pa je pridelovanje navadnega prosa ostalo (skupaj z nekaterimi drugimi prosastimi žiti) v delno sušnih predelih severne Kitajske na primer v pokrajinah Shanxi in Shaanxi.

Kmetijsko-gozdarska univerza severozahoda (Yangling, Kitajska) je eno najpomembnejših znanstvenih središč raziskovanja prosa na Kitajskem. Tam je profesor Yan Chai s sodelavci leta 2012 organiziral prvi velik mednarodni simpozij o prosu. Po zgledu mednarodne organizacije za proučevanje ajde (International Buckwheat Research Association, ustanovljena je bila leta 1980 v Ljubljani) so leta 2012 ustanovili tudi podobno mednarodno organizacijo za proučevanje prosa (IBMA, International Broomcorn Millet Association). Drugi mednarodni kongres IBMA je bil leta 2015 v drugem mednarodno pomembnem središču pridelovanja,

ORIGINS OF MILLET

Millet is one the first cereals ever consumed by humans. It presumably originated in Central Asia and was used in China as early as 10.000 BP, preceding the spread of rice farming in that area. 5000 years later, millet was grown everywhere from China to Mediterranean shores. As the more fruitful rice plant advanced, millet slowly lost its popularity in the area of southern and central China. However, proso millet (and some other millets) is still grown today in the semiarid parts of northern China (such as the regions of Shanxi and Shaanxi). The Northwest A&F University of Yangling is one of the most important Chinese centres for scientific research of millet. The first international symposium on millet was organised there by Professor Yan Chai in 2012. Following the example of the International Buckwheat Research Association (founded in Ljubljana in 1980) a similar international research organization was established in 2012 (IBMA, International Broomcorn Millet Association). The second international symposium of IBMA was organised in 2015 in another internationally significant centre for farming, exploitation and research of millet at Kangwon National University in the city of Chuncheon in South Korea



RECEPTI / RECIPES

KUHANA PROSENA KAŠA

– POSTOPEK 1

100 g prosene kaše
250–300 ml vode (ali mleka ali mešanice
vode in mleka)

Proseno kašo najprej operemo, tako da jo damo na cedilo in speremo s tekočo vodo. Kuhamo jo v 250–300 ml vode 15–20 minut na zmerni temperaturi, da počasi vre. Med kuhanjem jo večkrat premešamo. Običajno kaše ne solimo in ne sladkamo. Če pripravljamo slane jedi, pa lahko v vodo dodamo tudi sol in izbrane začimbe. Namesto vode lahko pri sladkih in mlečnih jedeh uporabimo tudi mleko, vendar je potrebno še bolj previdno kuhati in mešati, da se mleko na dnu posode ne prime ali zažge. V 15–20 minutah voda večinoma povre, na vrhu kaše ostane nekaj goste vodene tekočine (kot sluz). Nato pustimo, da se kaša ohladi v isti posodi ali lončku.

Nasvet: Po kuhanju običajno na vrhu kaše ostane malo goste tekočine, ki jo premešamo v še toplo kašo pred ohlajanjem. Kaša bo mnogo bolj sočna, kot če bi po kuhanju tekočino iz kaše odcedili. Dobimo približno 400 g kuhane prosene kaše.



BASIC COOKED MILLET

– RECIPE 1

100 g millet groats
250–300 ml water (or milk, or a mixture
of milk and water)

Pour millet groats into a colander and rinse with running water. Cook in 250–300 ml of water for 15 to 20 minutes. Keep the temperature rather low to allow for gentle simmering. Stir occasionally. Millet is usually not seasoned with salt or sugar, however when prepared for savoury dishes, salt and selected spices can be added. If prepared for sweet or dairy dishes, water can be replaced by milk, which will require more care and stirring during cooking time or milk could stick to the pan and burn. Most of the liquid will evaporate in 15 to 20 minutes. A small amount of thick (slimy) liquid will remain on top. Simply stir it into the groats. Let millet cool in the pot.

Tip: When millet is cooked, a small amount of thick liquid will remain on top. Millet will be much juicier if you do not drain it but rather stir it in before it cools. This recipe will make about 400 g of cooked millet.



KUHANA PROSENA KAŠA

– POSTOPEK 2

100 g prosene kaše
600–700 ml vode (ali mleka ali mešanice
vode in mleka)

Proseno kašo najprej operemo, tako da jo damo na cedilo in speremo s tekočo vodo. Kuhamo jo v 600–700 ml vode 10–15 minut na zmerni temperaturi, da počasi vre. Pazimo, da se ne razkuha. Med kuhanjem jo nekajkrat premešamo. Nato jo odcedimo v cedilu ter speremo s hladno vodo, da se kroglice ne sprimejo. Dobimo približno 300 g kuhane odcejene kaše.

Nasvet: Ta recept uporabimo, kadar potrebujemo kuhano kašo, ki ni sprijeta, ampak so posamezne kroglice lepo ločene med seboj.



BASIC COOKED MILLET

– RECIPE 2

100 g millet groats
600–700 ml water (or milk, or a mixture
of milk and water)

Pour millet groats into a colander and rinse with running water. Cook with 600–700 ml of water for 10 to 15 minutes. Keep the temperature rather low to allow for gentle simmering. Stir occasionally. Be careful not to overcook. When done, drain in a colander and rinse with hot water to prevent the grains from lumping. This recipe will make about 300 g of cooked millet.

Tip: Use this technique when recipes require cooked millet with separate grains rather than in a porridge consistency.



PREPROSTA PROSENA KAŠA S SADJEM IN MEDOM

Sestavine:
100 g prosene kaše (skuhamo po receptu 1 na str. 26)
sveže narezano sadje (banane, hruške, jabolka, slive, breskve, marelice)
ali vloženo sadje (breskve, hruške, jagode)
cvetlični ali akacijev med
mleti mandlji in orehi

Kozarce do polovice napolnimo s kuhano proseno kašo, druga polovica pa je izbrano sadje (sveže ali vloženo). Prelijemo z žlico cvetličnega ali akacijevega medu ter posujemo z mletimi mandlji ali orehi.

PUDING S KAŠO IN OREHI

Sestavine:
1 zavitek vaniljevega ali čokoladnega pudinga (37 g)
40 g sladkorja
500 ml mleka
50 g mletih orehov
50–80 g kuhane prosene kaše (skuhamo po receptu 1 na str. 26)
malinovec ali stepena sladka smetana

Puding skuhamo po navodilih. Tik pred koncem kuhanja vmešamo v maso mlete orehe in kuhano proseno kašo. Nato puding nalijemo v skodelice. Za dekoracijo uporabimo malinovec ali stepeno sladko smetano.

SIMPLE MILLET PORRIDGE WITH FRUIT AND HONEY

Ingredients:
100 g millet groats (cooked as in recipe 1 on page 26)
chopped fresh fruit (bananas, pears, apples, plums, peaches, apricots)
or canned fruit (peaches, pears, strawberries)
wildflower or acacia honey
ground almonds or walnuts

Fill half of each glass with cooled millet and top with your fruit of choice (fresh or canned). Sweeten with a tablespoon of wildflower or acacia honey and sprinkle with ground almonds or walnuts.

MILLET AND WALNUT PUDDING

Ingredients:
1 bag (37 g) instant chocolate pudding powder mix
40 g sugar
500 ml milk
50 g ground walnuts
50–80 g millet groats (cooked as in recipe 1 on page 26)raspberry syrup or whipped cream

Cook chocolate pudding according to the instructions on the package. Mix in ground walnuts and cooked millet right before it is done. Pour the pudding into cups. Decorate with raspberry syrup or whipped cream.



PROSENA KAŠA Z GRŠKIM JOGURTOM IN SNEŽNIMI POLJUBČKI

Sestavine:

100 g prosene kaše (skuhamo po receptu
1 na str. 26)
1 banana
1 žlica medu
1 žlica limetinega soka
2 dl grškega jogurta

Snežna masa:

80 g kristalnega sladkorja
2 beljaka

Za bananin jogurtni shake banano olupimo in narežemo na koščke, dodamo med in limetin sok. Damo v električni mešalnik in prilijemo jogurt. Vse skupaj dobro zmešamo. Po želji dodamo še malo limetinega soka in medu.

Za snežno maso stepemo beljake v trd sneg. Postopoma dodajamo sladkor, da se masa zelo zgosti. Snežno maso napolnimo v brizgalno vrečko in na pomaščen papir brizgamo manjše valjčke ali kupčke. Sušimo v pečici najmanj 1 uro na 50 do 100 °C.

Na ozek krožnik damo kuhano proseno kašo, na drugega damo bananin jogurtni shake in na tretjega koščke snežne mase, po želji lahko tudi kivi. Okusi posameznih jedi se lepo ujemajo.

MILLET WITH GREEK YOGURT AND MERINGUE

Ingredients:

100 g millet groats (cooked as in recipe
1 on page 26)
1 banana
1 tablespoon honey
1 tablespoon lime juice
200 ml Greek yogurt

Meringue:

80 g granulated sugar
2 egg whites

To make a banana shake, peel and slice a banana. Transfer to a blender, adding honey, lime juice and yogurt. Blend well. If desired, add more lime juice and honey.

For meringue, beat egg whites until stiff peaks form. Gradually add sugar until the mixture thickens up noticeably. Spoon it into a piping bag and pipe small cylinders or heaps onto a greased baking sheet. Dry in an oven at 50–100°C for at least an hour.

Serve millet porridge, banana yogurt shake and meringue on separate narrow plates, decorated with kiwi if desired. All the different tastes will complement each other beautifully.



AJDOVI PROSENI ŽGANCI

Sestavine:

100 g bele prosene moke
100 g tatarske ajdove moke
400 ml vode
5 g surovega masla
sol
2 veliki žlici ocvirkov
5-10 dag naribanega sira

V vrelo osoljeno vodo stresemo obe vrsti moke in malo premešamo. Nato pokrijemo in kuhamo oziroma zmes delno parimo 20 do 25 minut. Dobimo precej suhe žgance, ki so temno zelenkasto rjavi zaradi tatarske ajdove moke. Na koncu dobre toplotne obdelave premešamo in vmešamo malo surovega masla za okus. Posipamo z ocvirki in naribanim sirom. Žganci imajo nekoliko grenak okus. Lahko jih damo v gobovo juho ali pa serviramo s prilogo (na primer gobovo omako, golažem ipd.).

BUCKWHEAT MILLET ŽGANCI

Ingredients:

100 g white millet flour
100 Tartary buckwheat flour
400 ml water
5 g butter
salt
2 heaped tablespoons pork cracklings
50-100 g grated cheese

Pour both types of flour into boiling water and mix lightly. Cover, then cook and partially steam for 20-25 minutes. *Žganci* should be rather dry and of dark greenish-brown colour due to Tartary buckwheat flour. After the dish is cooked, stir and mix in some butter to enhance the taste. Sprinkle with pork cracklings and grated cheese. The taste is slightly bitter. Serve with mushroom soup or as side dish (with mushroom sauce, goulash etc.).



RDEČE ZELJE S PROSENO KAŠO

Sestavine:

100 g prosene kaše (skuhamo po receptu
1 na str. 26)
100 g rdečega zelja
1 čebula
1 strok česna
1 jabolko
1 jajce
sol

Čebulo in česen narežemo na drobno, malo prepražimo na olju ali maslu. Rdeče zelje narežemo na drobne trakce ter poparimo z vrelo vodo, nato jo odlijemo. Poparjeno zelje dušimo s čebulo, česnom in naribanim jabolkom do mehkega. Med dušenjem solimo po okusu. Dušenemu zelju dodamo kuhano proseno kašo ter razžvrkljano jajce. Vse premešamo in še nekaj minut dušimo.

Maso damo v majhne modele in pečemo v pečici približno 20 minut pri 170 do 180 °C. Serviramo toplo kot samostojno jed ali kot prilogo k mesu.

RED CABBAGE WITH MILLET

Ingredients:

100 g millet groats (cooked as in recipe
1 on page 26)
100 g red cabbage
1 onion
1 garlic clove
1 apple
1 egg
salt

Finely chop onion and garlic and lightly fry them with oil or butter. Cut red cabbage into thin strips and scald it with boiling water. Drain the water and sauté the cabbage with onion, garlic and grated apple until softened. Salt to taste. Beat an egg and add it to the cabbage together with cooked millet. Mix and sauté for another few minutes.

Spoon the mixture into small baking moulds and bake at 170–180°C for about 20 minutes. Serve warm as a main dish or as side dish to meat.



PEČENE BUČKE S PROSENO KAŠO

Sestavine:

4 mlade bučke (teža bučke okrog 200 g)
50 g prosene kaše
100 g kuhanega mesa (piščančje, goveje, svinjsko meso ali 100 g gob šitake)
1 strok česna
1 jajce
50 g sira (naribanega parmezana ali mocarele)
malo oljčnega olja
malo mletih lanenih semen
lovorjev list
malo soli in popra

Proseno kašo operemo, kuhamo z lovorjevim listom v 150 ml vode 15–20 minut in ohladimo. Bučke operemo, prerežemo po dolžini in izdolbemo sredino. Pazimo, da zunanjšega dela ne poškodujemo. Zunanje dele bučk položimo v pomaščen pekač v velikosti 20 × 40 cm ali pekač prilagodimo velikosti ali obliki bučk.

Izdolbeno meso bučk in ga narežemo na male kocke, solimo in skuhamo ter odcedimo.

Ohlajeni kaši dodamo kuhano meso in bučke, ki smo jih pretlačili. Dodamo strt česen, poper in sol po potrebi. Jajce spenimo, mu primešamo sir in ga rahlo vmešamo v nadev.

Pečico segrejemo na 190 °C. Napolnimo bučke, posujemo s sirom in lanenimi semeni ter pečemo približno 30 minut.

BAKED COURGETTES WITH MILLET

Ingredients:

4 courgettes (about 200 g each)
50 g millet groats
100 g cooked meat (chicken, beef, pork or 100 g shitake mushrooms)
1 garlic clove
1 egg
50 g cheese (grated parmesan or mozzarella)
olive oil
ground flaxseed
bay leaf
salt and pepper

Rinse millet groats and boil together with bay leaf in 150 ml of water for 15–20 minutes. Leave millet to cool. Wash the courgettes, cut them lengthwise and scoop out the middle. Be careful not to damage the outer part. Place courgette halves onto a greased baking pan 20 × 40 cm in size (or to fit the courgettes).

Dice the scooped-out courgette middle and meat, season it with salt, cook and drain. Mix the millet, cooked meat, and pureed courgettes. Season with crushed garlic, pepper and salt, if needed. Beat the egg until frothy, mix it with cheese and fold into the filling.

Heat the oven to 190°C. Stuff courgettes shells with filling, sprinkle with cheese and flaxseed, then bake for about 30 minutes.

