

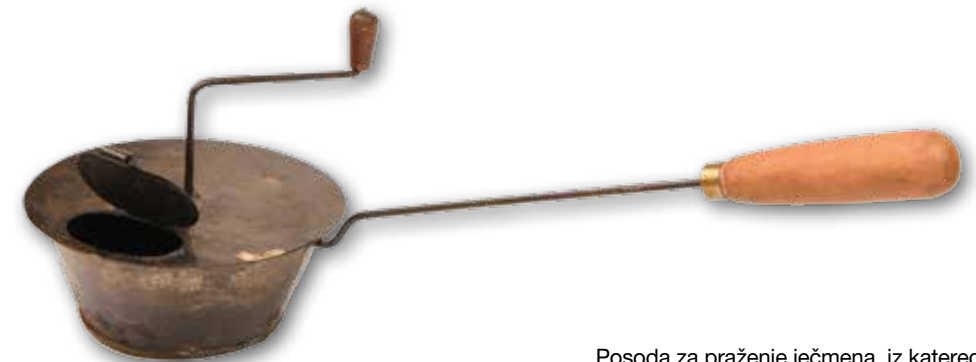
Z DOMAČE DELAVSKE MIZE THE HOME COOKED WORKERS' MEALS

Pred uvedbo *fabriških* kantin so za prehrano delavcev skrbele gospodinje – tako za može kot *koštarje*, samske delavce. Med vojnama in po drugi svetovni vojni so bili jedilniki precej skromnejši kot spodaj naštet. A postopno dvigovanje standarda delavcev se je odražalo predvsem v kvalitetnejši in izdatnejši prehrani. Predstavljamo jedi, ki se še danes znajdejo na mizah jeseniških družin.

Before the factory canteens were introduced, housewives took care of the workers' meals – be it for their husbands or for single workers who paid women to cook for them. In the Interwar period and immediately after WWII the menus were much simpler than those listed below due to the general scarcity of ingredients. However, the gradual raising of the workers' standard was reflected primarily in a better, more abundant diet. We present some of the most popular dishes that can still be found on the tables of Jesenice families to this day.



Kuha z ljubeznijo ne pozna pomanjkanja, Kasarna okoli 1930.
Cooking with love knows no lack, cca. 1930.



Posoda za praženje ječmena, iz katerega so kuhali kavni nadomestek.
Pan for roasting barley (a common coffee substitute).

**Meso iz juhe
Govnač
Jabuka v šlafroku**

Med delavstvom je bilo to pogosto ponedeljkovo kosilo – pojedli so govedino, ki je ostala od klasičnega nedeljskega kosila: goveja juha, govedina iz juhe in pražen krompir. Jabolka iz domačih sadovnjakov so sušili ali sveža shranjevali v kletih čez celo zimo. Uporabljali so jih za zavitke, čežano, kompot ali jih ocvrli v pivskem testu.



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**Ajmoht z žganci ali vaseršpoclni
Snežene kepe ali štrudl**

Kokošja ali zajčja obara oziroma ajmoht je bila redno na delavskem jedilniku, saj so gospodinje na domačem vrtu gojile nekaj zelenjave, pa tudi kokoši in zajce. V obaro so skuhale, kar je bilo pač pri roki. Da je bila bolj nasitna, so vanjo zakuhale vodne žličnike, preproste cmočke iz jajca in moke. Ob lažjih kosilih so pogosto pripravile »močnejšo« sladico, a snežene kepe so bile že razkošje.

**Meat from the beef broth
Govnač stew (potato puree and
white cabbage)
Apples in batter**

This was a frequent Monday lunch for workers' families – they ate the beef which was left over from the classic Sunday lunch: beef broth, beef from the broth, and roast potatoes. Apples from local orchards were either dried or stored fresh in cellars throughout the winter. They were used for strudel, apple mousse, compote or fried in beer dough.



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**Ájmoht stew with either žganci
or 'vaseršpoclni' dumplings
Snowballs (whipped egg white
and sugar boiled in milk
and served in vanilla sauce)
or strudel**

Ájmoht (a traditional chicken or rabbit stew) was a regular on the workers' menu since nearly all housewives grew some vegetables in their home gardens, and most also kept chickens and/or rabbits. They made ájmoht with whatever ingredients they currently



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**Fržolova župa
Omlete z marmelado**

Brezmesna fižolova juha je bila navadno na vrsti v petek, ki je po krščanski tradiciji dan za post. Tudi v družinah, ki niso zahajale v cerkev, se je ta navada obdržala celo do danes. Gospodinje so obrok pokrepčale s palačinkami, ki jim na Jesenicah rečemo kar omlete.



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**Bean stew
Marmalade pancakes**

had. To make it more filling, they would add *vaseršpoclni*; simple boiled dumplings made from eggs and flour. When lunch was merely soup it as a rule came with a 'heavier' dessert so it was not unusual for soup to be followed by strudel or pancakes, but snowballs were already quite a luxury.

Meatless bean soup was usually on the tables on Friday, which is a day for fasting in the Christian tradition. Even in families that did not go to church, this custom has persisted to this day. To make sure no one left the table hungry, such a meal was usually rounded off by pancakes.



Ciganski golaž**Buhtelj ali ta zmeden fancovt**

Sicer so bili za brezmesno *košto* rezervirani petki, a mesa ni bilo dnevno na jedilniku. V krompirjev oziroma ciganski golaž je romalo, kar je bilo pri roki, najboljši pa je bil v sezoni gob. S kvašenimi flancati so se posladkali zlasti v pustnem času. Ker je bilo olje drago, so jih cvrli na svinjski masti.



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Prežganka**Polpete iz mesa iz župe****Hrenov zos****Krompirjeva solata (s kumaro)**

Prežganko so zaradi obilice kumine kuhali za lajšanje želodčnih težav, a se je zaradi preprostosti in dostopnosti sestavin pogosto znašla na dnevnem jedilniku. Tudi za polpete so porabili ostanke govedine od nedeljskega kosila. Hrenov zos je bil okusen priboljšek ob bolj kot ne suhih polpetih. Na prežganju – *ajnprenu* so popražili hren in ga pokuhali v belem vinu. Krompirjevo solato so sezonsko osvežili s kumaro z vrta.

Gipsy goulash**Buchteln (sweet rolls made of yeast dough, filled with jam) or angel wings**

Fridays were traditionally reserved for meat-free cuisine, but meat was not on the menu daily nevertheless. The ingredients of the so-called gipsy (or potato) goulash were whatever was available; this goulash was most delicious during mushroom season. Angel wings were a tender treat, reserved especially for the carnival season. Because oil was expensive, they were fried in lard.

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Prežganka (roux soup)**Meatballs from broth-meat leftovers****Horseradish sauce****Potato salad (with cucumber)**

Due to the abundance of cumin, *prežganka* was primarily cooked to alleviate stomach problems but due to its simplicity and availability of necessary ingredients, it was often found on the daily menu. The meat that was left from the Sunday beef broth was often used to make meatballs. Horseradish sauce was a tasty treat with the usually sadly dry meatballs. They used roux to braise some horseradish and cook it in white wine. Potato salad was seasonally 'spiced up' by adding fresh cucumbers from the garden.



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Zelenjavna župa
Češpljovi knedlni
Kompot

Slivove cmoke so običajno delali pozno poleti oziroma zgodaj jeseni, ko so dozorele slive, krompir v kletih pa je bil odličen za testo, ko se je že nekoliko zmehčal in nagubal. Slive so tudi vlagali za kompot ali sušili in tudi tako konzervirane uporabili za cmoke.



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Vegetable soup
Plum dumplings
Compote

Plum dumplings were usually made in late summer or early autumn when the plums were ripe, and the potatoes in the cellars were great for dough as they were already slightly softened and wrinkled. Plums were also soaked and cooked as compote or first dried and thus preserved then used for dumplings.



***Ješprenj
s suhim mesom
Šmorn
z marmelado***



Na Jesenicah ričetu rečemo ješprenj. V času posta, med pustom in veliko nočjo, ali ker pogosto mesa ni bilo, so suho meso zamenjali s suhim sadjem: hruškami, jabolki in češpljami. Šmorn ali cesarski praženec so gospodinje delale na več načinov. Največkrat so iz mase naredile debelejšo omleto (palačinko) in jo natrgale na kose. Šmorn je bil tudi priboljšek za god. A dobil ga je le godovnik.

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***Suha rebra ali suh vratnik
Endivija s krompirjem
ali druga sezonska solata
Šado***

Nekatere delavske družine so celo redile prašiča, večina pa je za ozimnico v času kolin kupila svinjsko polovico. Takrat se je jedla sveža svinjina, večino mesa pa so obdelali, da se ni takoj pokvarilo. Sušili so tako kose mesa kot klobase. Hranili so ga za posebne, praznične dni, le redko pa se je pojavilo na običajnem

***Barley stew with dried meat
'Šmorn' (Kaiserschmarrn,
i.e. sweet scrambled pancakes'
with jam)***



Barley stew was a frequent, if not necessarily popular dish. In times of prescribed fasting (40 days between Shrove Tuesday and Easter), but also because meat was often not available or affordable, dried meat was replaced by dried fruit: pears, apples, and plums. Šmorn was made in several ways. Most of the time, the housewives poured the batter into the pan to make a thicker omelette (pancake) and then shredded it into little pieces with a wooden spoon. Šmorn was also a treat for name day, however it was reserved exclusively for the one who celebrated.

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***Dried pork ribs or neck meat
Endive with potatoes
or another seasonal salad
Eggnog***

Some working families raised pigs, most, however, simply bought pork halves for the winter food supply during the time of slaughter. That's when they

jedilniku. Tudi šado je bil posladek za posebne priložnosti. Čeprav je bilo vino od alkoholnih pijač še najbolj dostopno, je bilo rezervirano za očeta – glavo družine. Šado so jedli kar samega, ne kot danes s palačinkami ali sladoledom.



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***Jesihflajš z jajcem
Črn kruh
Pečena jabolka***

Okisano meso je bil še en način, kako porabiti govedino iz juhe. S trdo kuhanim jajcem in čebulo, začinjeno s kisom, soljo in poprom, in kajlo kruha je bil krepak in okusen obrok.



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***Meat in vinegar and hard-boiled eggs
Black bread
Baked apples***

Meat in vinegar was another way to use the left-over beef from the broth. Adding a hard-boiled egg and onions, then spicing it with vinegar, salt and pepper and eaten with a generous slice of bread, it was a strong and delicious meal.



Mešta
Kisla repa



Žganci so bili vse do konca druge svetovne vojne in še kasneje na delavski mizi praktično dnevno. Za večerjo na primer s prežganko, za zajtrk pa so pojedli ostanke, prelite z belim kofetom. Kuhali so ajdove, koruzne ali mešto – iz krompirja in bele moke. Kislo zelje in repa sta bila pozimi prav tako stalnica na mizi, saj sta bila tako konzervirana poceni vir vitaminov čez celo zimo. Če se je našlo še kaj zabele iz ocvirkov, je bila jed že prava poslastica.

Mešta (potato žganci)
Sour turnips



Žganci (a savoury type of 'Pauper's Kaiserschmarrn', made of water and flour) were 'our daily bread' long after the end of WWII. Dinner was, for example, žganci with roux soup and the left-over žganci were eaten the next day as breakfast with white (chicory) coffee. They cooked buckwheat or corn žganci or, alternatively, mešta - 'žganci' from potatoes and white flour. Sauerkraut and sour turnips were also a constant companion on the table in the winter, as they were easily preserved and thus represented a cheap source of vitamins throughout the winter. If they could afford a pinch of cracklings, the dish was considered a real treat.

Pire krompir in fržov
ali fržolova pešta
Čežana

Pogosta in med otroci priljubljena jed je bila čežana, saj je bilo treba jabolka v kleti pred novo vrtnarsko sezono porabiti. Poleg so jedli pire krompir in kuhan fižol v zrnju, ki so ju lahko združili v matevža (po jeseniško *fržolova pešta*) ali pa so fižol le zabelili z drobtinami.

Mashed potatoes
and beans
Apple mousse

A common dish – very popular among children – was apple mousse, especially when apples from the cellar had to be consumed before the new gardening season began. It was often eaten with mashed potatoes and boiled beans, which they could combine into *matevž stew* (or, in Jesenice dialect, '*fržolova pešta*') or eat as a solo dish – in which case they would cover the beans with breadcrumbs for some extra flavour.



Kaj bo za kosilo?
Pričakovanje barakarskih otrok leta 1961.
What's for lunch?
Excitement in a Podmežakla kitchen, 1961.