

NEDELJSKA JUŽNA SUNDAY LUNCH

Še ne dolgo nazaj je bilo meso na mizi le ob nedeljah, ko je mama skuhala govejo juho. Le v premožnejših družinah je bila za nedeljsko kosilo pečenka, večinoma pa je vsak družinski član dobil le košček mesa iz juhe, pri najrevnejših pa je bilo meso rezervirano za očeta, ki je edini hodil v službo. *Južna* je bila vedno ob 12. uri. V novejšem času je bila ob srebanju goveje juhe obvezna glasbena spremljava – Avseniki ter čestitke in pozdravi na Radiu Triglav. Zato še danes narodnozabavni glasbi pravimo »goveja«.

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Goveja župa
Meso iz juhe
Tenstan krompir
Hrenov zos
Zelena solata (z jajcem) oziroma
sezonska solata

Beef broth
Meats from the broth
Roast potatoes
Horseradish sauce
Lettuce (with a hard-boiled egg)
or a seasonal salad

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Za osvežitev kar težkega obroka sozraven jedli sezonsko solato, ki so jo gojili na domačem vrtu, zgodaj spomladi so nabirali regrat, za čez zimo pa so imeli vložene solate: rdečo peso, kisló zelje, kumarice, kasneje tudi papriko...

Not so long ago, meat was only on the table on Sundays when Mom cooked beef broth. Only in wealthier families was there a roast for Sunday lunch, and for the most part each family member was given only a little piece of meat from the broth whereas in the poorer families all of the meat was reserved for the father, who was the only breadwinner. Lunch was always at 12.00 sharp. In more recent times, slurping beef broth went hand in hand with the mandatory 'Avseniki' (The Avsenik Brothers Ensemble) music and 'Congratulations and Greetings' on Radio Triglav, the local Jesenice radio station. Therefore, we still refer to this type music as 'beef music'.



To balance out a heavy meal they ate a seasonal salad grown in the home garden, they picked dandelion leaves in early spring, and for the winter they had pickled salads: beets, sauerkraut, cucumbers, and later also bell peppers.