

PO BOHINJSKI PROGI FOLLOWING THE BOHINJ RAILWAY



Delavci proslavljajo prebitje karavanškega predora na Karavanško-Bohinjski železnici leta 1905.
Workers celebrating the hole-through of the Karavanke tunnel, 1905.

Ljudje od blizu in daleč so v železarstvu na Jesenicah stoletja videli priložnost za zaslužek. K množičnejšemu priseljevanju je v začetku 20. stoletja botrovala izgradnja Bohinjske železnice. Sposobni graditelji so prihajali predvsem s Primorske. Med obema vojnoma so na Jesenice bežali pred fašističnim režimom, po drugi svetovni vojni pa so zaradi ugodne železniške povezave, predvsem iz bližnje Baške grape, dnevno prihajali na delo. Mnogi so tukaj tudi ostali, s seboj pa prinesli jedi svojih mam. Tako se je jota kmalu znašla tudi v ponudbi fabriških kantin in na mizah drugih Jeseničanov,

For centuries, people from near and far saw the iron foundry of Jesenice as an opportunity to make money. The construction of the Bohinj Railway contributed to more mass immigration in the early 20th century. Capable builders came mainly from the Primorska region. In the Interwar period, people came to Jesenice fleeing from the fascist regime of their region, and after the Second World War they commuted to work every day due to the favourable railway connection, especially from the nearby Baška grapa. Many of these workers settled in Jesenice for good, bringing the dishes

medem ko sta bili luštrkajca in frika rezervirani za obujanja spominov na rodno Primorsko.

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***Jota ali mineštra ali pašta fižol
Luštrkajca***

Luštrkajca je slana potica z nadevom iz jajca, olja, luštreka in na kocke narezanega suhega svinjskega mesa. Jedli so jo k joti ali z dušenim kislim zeljem.



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***Frika s pečeno polento
Sezonska solata
Kompot***

Frika izvira iz Furlanije – Julijske krajine. V različnih oblikah se je naselila na območje doline Soče. Osnova jedi je v ponvi popečen sir, ki mu dodajajo krompir, tudi slanino, razna zelišča, ponekod še jajca. Nekoč so jo jedli kot samostojno jed, danes jo pogosto postrežemo s popečeno polento, kruhom in/ali solato.

their mothers' taught them into the local culinary mix. Thus, the jota stew soon found its way into the offer of the factory canteens and on the tables of other Jesenice residents, whereas the more specific *luštrkajca* and *frika* dishes were reserved for reviving memories of their native Primorska.

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***Jota stew or minestrone
or pasta beans
Luštrkajca savoury pastry***

Luštrkajca is a type of salty potica (dough roll) with a filling of egg, oil, lovage (in Slovene: 'luštrek') and diced dried pork. It would be eaten with jota or braised sauerkraut.

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***Frika with baked polenta
Seasonal salad
Compote***

Frika originates from Friuli-Venezia Giulia. It settled in the area of the Soča Valley in various forms. The basis of the dish is pan-fried cheese, to which potatoes are added, as well as bacon, various herbs, and in some places eggs. *Frika* was once eaten as a standalone dish whereas today it is often served with toasted polenta, bread and/or salad.