

DELAVSKA MALCA

THE WORKERS' LUNCH



Železarni na malici
v kantini leta 1960.
Factory workers having
lunch in the canteen,
1960.

Vsebina **Content**

Namesto aperitiva: O delavski malci	3
I instead of apéritif: About workers' Lunch	
Iz fabrške kantine	5
From the factory canteen	
Z domače delavske mize	11
The home cooked workers' meals	
Nedeljskajužna	20
Sunday Lunch	
Po Bohinjski progi	21
Following the Bohinj Railway	
Od Vardara pa do Triglava	23
From Vardar to Triglav	
Naša kuhna	28
Our Cuisine	
KUHAM DOMAče	30
HOMELY COOKING	



Jesenička železarna leta 1933, foto Slavko Smolej.
Železarna Jesenice, photo Slavko Smolej 1933.

NAMESTO APERITIVA: O DELAVSKI MALCI INSTEAD OF APÉRITIF: ABOUT WORKERS' LUNCH

Med obema vojnoma so imeli delavci v železarni pravico do desetminutnega odmora za malico, ki so jim jo prinašali družinski člani, kasneje pa so si jo morali prinести sami. Največkrat je bil za malico le *okisan fržov* – solata iz fižolovega zrnja. Po drugi svetovni vojni so uvedli Gostinsko enoto Železar s kuhinjo in obratnimi kantinami, kjer so sprva točili celo pivo. Ker pa so ga popili preveč in mu dodajali še malo žganega, so ga kmalu, kljub nasprotovanju sindikata, ukinili.

Delavske družine so živele skromno. Tovarna jim je zagotovila streho nad glavo in osnovne življenske potrebščine. Gospodinje so na vrtičkih pridelale nekaj zelenjave, gojile so kokoši in zajce, nekatere še kozo in celo prašiča. Ostalo meso, ki se je redko znašlo na mizi, so kupovali največkrat *na puf v fabrški kašti* in pri lokalnih mesarjih. Hrana je bila preprosta, a jedilnik pester, saj so gospodinje iz skromnih sestavin znale pričarati marsikaj.



Košarica za nošnjo malice v železarno.
Woven basket for bringing lunch to the Iron Foundry.

In the Interwar period, the factory workers of the Železarna Jesenice iron foundry were entitled to a 10-minute lunch break during each shift. Their meals were either brought to them by family members or they brought something along themselves. Most often, their lunch was simply *okisan fržov* – cooked kidney beans with some onions in vinegar-and-salt ‘dressing’. After WWII, the Železar kitchen and canteen facility was introduced and initially, they even served beer. Since many workers drank too much during shifts, some even adding brandy to it, beer was soon removed from the menu despite the objections of the workers’ union.

The workers’ families lived modest lives. The factory provided them with a roof over their heads and the basic necessities of life. The housewives grew some vegetables in their little garden plots, they would raise chickens and rabbits, some had goats and there was even the occasional pig. If any other meat found its way to their tables (which it rarely did), it was most often bought at the local butcher’s or ‘*na puf*’ (i.e. asked to be put on the cuff) in the factory shop. The food was simple but the ingenious housewives knew how to prepare many delicious meals from the limited choice (and amount) of ingredients.

Razvojna agencija Zgornje Gorenjske v sklopu projekta KUHAM DOMAče in Gornjesavski muzej Jesenice s projektom Naša kuhna sta združila moči ter v sodelovanju z jeseniškimi gostinci pripravila menije, ki se še danes znajdejo na domačih jeseniških mizah. Sedaj jih lahko poizkusite tudi v jeseniških gostilnah in restavracijah.



Kanglica za nošnjo malice v železarno.
Billycan for bringing lunch to the Iron Foundry.



Tovarniška kuhinja leta 1962.
Canteen miracle workers, 1962.

'The Workers' Lunch' is the brainchild of two pre-existing culinary projects, ¹RAGOR's 'KUHAM DOMAče' (HOMEly COOKING) and ²GMJ's 'Naša kuhna' (Our cuisine). Once their enthusiastic employees joined forces with each-other and Jesenice chefs and restaurant owners, many charming olden-day menus were re-created, bringing you the best 'classical' home meals. Now you can also try them in the restaurants of Jesenice – brace yourself for flavours that will trigger a flare of nostalgia with each precious bite.

- 1 RAGOR is acronym for "Razvojna Agencija Zgornje Gorenjske" (The Development Agency for Upper Gorenjska).
2 GMJ is acronym for Gornjesavski muzej Jesenice (Upper Sava Valley museum).

Po drugi svetovni vojni so se v železarni vse bolj množično zaposlovale tudi ženske in doma ni bilo nikogar, ki bi kuhal. *Fabrka* se je morala prilagoditi novemu načinu življenja in poskrbeti za organizirano prehrano delavcev. Sindikat se je boril za boljšo prehrano, pereč problem pa je bilo točenje piva v kantinah.



Steklenica za pivo,
2. polovica 20. stoletja.
Beer bottle, 2nd half
of the 20th century.

IZ FABRŠKE KANTINE FROM THE FACTORY CANTEEN

After the Second World War, women were also increasingly employed in the ironworks, and there was no one left at home to cook. The Factory had to adapt to the new way of life and provide the workers with organised meals. The workers' union fought for a better diet, and a burning issue was the question of serving beer in the canteens: 'The canteens are in a truly miserable state and we will have to resort to serving only alcohol-free drinks in order to avoid all cases of drunkenness in the early morning hours. The company will also bear all the overhead costs of the canteens, thus eliminating the creation of profit, and it is also necessary to ensure a greater variety of food in the canteens.' (The Železar local newspaper, volume 6, no. 2-3, April 1955)

LET TO IV
STEV. 2-3
APRIL 1955

ŽELEZAR

Kantine so res v mi-
zernem stanju in treba bo v njih preiti na točenje
brezalkoholnih pijač, da se izogne vsem primerom
pijanosti že v zgodnjih urah. Podjetje bo tudi pre-
vzelo vse režijske stroške kantin in s tem bo od-
pravljeno ustvarjanje dobička, zagotoviti pa tudi
treba večjo izbiro hrane v kantinah.



V kantini lipi krompir.
Peeling potatoes in the canteen.



Deljenje obrokov v kantini leta 1962.
Lunchtime queue in the canteen, 1962.

*Kranjska klobasa
Okisan fržov
Pecivo*

*Carniolian Sausage
Bean salad
Pastry*

*



*Makaronflajš
Sezonska solata
Pecivo*

*Mac&meat
Seasonal salad
Pastry*

*



*Na žlico:
segedin ali vampi ali golaž
Kruh
Pecivo*

*Spoon dishes:
Szegedin goulash or tripe
or goulash
Bread
Pastry*



Želodček s kašo*Govnač**Pecivo*

'Gorenjski želodček'³
rich sausage with porridge
Govnač stew (potato puree
and white cabbage)

Pastry

*



Goveji srčki v omaki
Pire krompir
Sezonska solata

Beef hearts in sauce
Mashed potatoes
Seasonal salad

*



Tenstana jetrca
Polenta
Sezonska solata

Braised liver
Polenta
Seasonal salad



³ "Želodček" or "želodec" means "stomach" in Slovene, but don't be fooled or frightened by the name – THOU SHALL NOT BE SERVED A STOMACH.
 'Gorenjski želodček' is a traditional rich sausage from pork, beef, bacon, water, spices and additives, mixed with coarsely ground pork, bacon and porridge. It is only called "želodček" because stomach or other pork of beef intestines were traditionally used as the natural casing of this delicious sausage.

Drobovina je bila ob pomanjkanju še najboljši približek mesu. Poleg jeter so pogosto pražene in v omaki jedli še srca, pljuča ali ledvica. Priloga pa je bila skoraj obvezno polenta.

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In times of lack, offal (organ meats) was the closest thing to real meat. Braised liver in sauce was often on the menu, as well as hearts, lungs or kidney. The side-dish was almost necessarily polenta.

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Safalada
ali pasja radost
Krompirjeva solata
Pecivo

Knackwurst sausage
or 'pasja radost' (dog's joy) sausage
Potato salad
Pastry

Pred letom 1991 so v ogromnih količinah hrano za fabrške kantine pripravljale jeseniške mesarije pod okriljem Klavnice Jesenice. Njihovi safalada in pasja radost sta bili najboljši! Eden od kuharjev se spominja, da so fabrški delavci takrat dobro jedli. Za marsikaterega delavca je bil obrok na šihtu tudi edini v celiem dnevu.

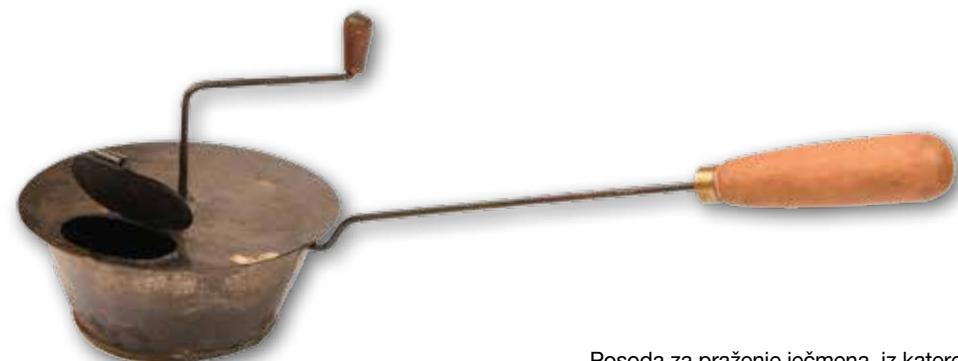
Before 1991, the food for factory canteens was produced in enormous quantities by the Jesenice butcher shops under the auspices of the Jesenice Slaughterhouse. Their knackwurst and *pasja radost* sausages were the best! One of the cooks reminisces how well the workers of Jesenice ate back then. For many a worker, the meal during lunchtime at work was the only meal of the day.



Z DOMAČE DELAVSKE MIZE THE HOME COOKED WORKERS' MEALS

Pred uvedbo *fabrških* kantin so za prehrano delavcev skrbele gospodinje – tako za može kot *koštarje*, samske delavce. Med vojnoma in po drugi svetovni vojni so bili jedilniki precej skromnejši kot spodaj našteti. 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.



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

**Meso iz župe
Govnač
Jabuka v šlafroku**

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



**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.



**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.

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

Ajmoht (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 ajmoht 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**

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.



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.

Cigansk 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 kuhalili 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 prežganku – *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
Češplovi knedlní
Kompot

Slivove cmove so običajno delali pozno poleti oziroma zgodaj jeseni, ko so dozorele slive, krompir v kleteh 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 cmove.



*

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 omlette (palačinko) in jo natrgale na kose. Šmorn je bil tudi priboljšek za god. A dobil ga je le godovnik.

*

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

Nekatere delavske družine so celo redile prasiča, 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.

*

**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 pičač še najbolj dostopno, je bilo rezervirano za očeta – glavo družine. Šado so jedli kar samega, ne kot danes s palačinkami ali sladoledom.



*

**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* kruhu je bil krepak in okusen obrok.

*

**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*



*Mešta (potato žganci)
Sour turnips*



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.

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.

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 župe 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 župe
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, kislo 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.

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 zaslужek. K množičnemu priseljevanju je v začetku 20. stoletja bolevala 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 fabrških 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, luštrega in na kocke narezanega suhega svinjskega mesa. Jedli so jo k joti ali z dušenim kislim zeljem.



*

Frika s pečeno polento Sezonska solata Kompot

Frika izvira iz Furlanije – Julijskih 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.

*

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.

*

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.

OD VARDARA PA DO TRIGLAVA FROM VARDAR TO TRIGLAV

Na Jesenice so priseljenci iz republik nekdanje Jugoslavije prihajali oziroma so »po njih prihajali dok« že po letu 1948, ker so potrebovali delavce za železarno. Leta 1969 naj bi bilo v železarni od 6300 zaposlenih 15,3 % priseljencev iz drugih jugoslovenskih republik. Iz svojega okolja so prinesli svoje navade in jih ohranili. Te se kažejo tudi ali predvsem v prehrani, ki je prispevala k jeseniškemu *fusion foodu*.⁴ V Tovarniškem vestniku v rubriki Za naše gospodinje najdemo recept za sarme že leta 1938. Podobno kot primorsko *joto* so fabrške kantine nudile še *pasulj*, *filane* paprike in sarme, musako ... A spremnosti vlečenja testa z *oklagijo* so se naučile le redke domačinke in tako so pite in burek bolj ali manj ostali v domeni priseljenskih gospodinj. Zelo pomemben dejavnik pri spoznavanju Slovencev s prehrano priseljencev so bili mešani zakoni in skupne delovne akcije.



Oklagija ali sukaljka za valjanje testa, spletni vir.
Oklagija rolling pin for rolling out dough,
online source.

⁴ *Fusion kuhinja* združuje elemente različnih kulinaričnih tradicij, ki izvirajo iz različnih držav, regij ali kultur. Tovrstni koncept kuhanja ni kategoriziran v skladu z določenim slogom kulinarike in je že od sedemdesetih let gibalo inovacij številnih sodobnih restavracijskih kuhinj.

As early as 1948, immigrants from the republics of the former Yugoslavia were either coming to Jesenice by themselves or the Iron Foundry representatives 'went down to get them' because they needed workers for the ironworks. In 1969, 15.3% of the approximately 6,300 employees of the Železarna iron foundry were immigrants from other Yugoslav republics. They brought their habits from their environment and kept them very much alive. This is clearly manifested in their cuisine, which largely contributed to the current 'fusion food' culinary culture of Jesenice.⁵ In the 'Za naše gospodinje' (For Our Housewives) section of the *Tovarniški vestnik* Factory Journal we find a *sarma* recipe as early as 1938. Similar to the *jota* of Primorska, the Železarna canteens soon offered *pasulj* bean stew, filled bell peppers and *sarma*, moussaka etc. However, only a few local housewives mastered the skills of rolling dough with the '*oklagija*' rolling pin, so 'pita' pies and *burek* more or less remained in the domain of immigrant housewives. A very important factor in introducing Slovenes to the diet of immigrants were mixed marriages and joint work campaigns.

⁵ *Fusion food* cuisine combines elements of different culinary traditions originating from different countries, regions or cultures. This type of cooking concept is not categorized according to a certain culinary style and has been the driving force of innovation in many modern restaurant kitchens since the 1970s.

Konec šihta – delavci pred vratarnico Železarne Jesenice leta 1964.
Waiting for the morning shift to end;
workers outside the gatehouse of
the Železarna Jesenice Iron Foundry,
1964.



Pita ali burek
Jogurt / ajran

Pita je jed iz testa, ime ji določajo različni nadevi. Burek je le ena vrsta pite, in sicer z mesom. Znani bosanski rek pravi: »Sve su pite pite, samo je burek pitac,« saj je vsaka pita ženskega, le burek je moškega spola. Poleg pit je obvezna osvežitev jogurt ali ajran – soljen jogurt, razredčen z vodo.



*

Kljukuša s piščancem
Jogurt / ajran

Kljukuša ima v različnih delih Bosne in Hercegovine različna imena: kljukuša, razlivača, buranija ali uljevak.

*

Čorba: bosanski lonec
ali bamija
Somun (lepinja)

V vsakdanji tradicionalni bosanski prehrani imajo čorbe posebno mesto. Bosanski lonec je delavska jed bosanskih rudarjev, ki so jo kuhalili kar med

Pita or burek
Yoghurt / ayran

'Pita' (pie) is a generic name for various dishes made of dough, whereby its more specific name is determined by the filling it contains. *Burek*, however is just one type of pie, filled with minced meat. There is a famous - and untranslatable - Bosnian saying: 'Sve su pite pite, samo je burek pitac', which would, very loosely translated mean something like 'Every 'pita' is a Queen, but burek is King.' For the truest experience, yoghurt or ayran (salted yoghurt, diluted with water) - is a must when eating *pita* or *burek*.

*

Pita kljukuša with chicken meat
Yoghurt / ayran

The *kljukuša* has many different names in different parts of Bosnia and Herzegovina: *kljukuša*, *razlivača*, *buranija* or *uljevak*.

*

‘Čorba’ stew: Bosnian pot
or ‘bamija’ (okra soup)
Somun (lepinja) bread roll

Čorbas have a special place in the everyday traditional Bosnian diet. A 'Bosnian pot' is a workers' dish of Bosnian miners, which was cooked during the shift. It is considered a group dish, as it gets a better taste and aroma if prepared in larger quantities and in a clay pot. *Bamija* or okra is an unripe seed pod that is used as a vegetable in many Bosnian *čorba*.

šihtom. Zanj velja, da je skupinska jed, saj dobi boljši okus in aroma, če se pripravlja v večji količini in v glineni posodi. Bamija ali okra je nezrel semenski strok, ki ga uporabljamo kot zelenjavno v mnogih bosanskih čorbah. Enako se imenuje tudi najznačilnejša čorba z bamijo, ki je izredno cenjena jed po vsem Bližnjem vzhodu.

*

Sarma ali dolme
Pire krompir, kisla smetana

Sarma v turškem jeziku pomeni vse, kar je zavito v liste zelja ali trte, dolma pa pomeni nadev iz mletega mesa in riža. Pri nas največkrat z njim polnimo paprike, lahko pa z njim nadevamo paradižnike, čebulo, bučke ...



*

Musaka
Sezonska solata

Musaka je beseda arabskega izvora in pomeni jed iz zelenjave in praženega mesa, pripravljena v več plasteh.

stews. The most typical okra soup, which is an extremely prized dish throughout the Middle East, is also called '*bamija*'.



*

Sarma rolls or dolme
Mashed potatoes,
sour cream

In Turkish, *sarma* means anything wrapped in cabbage or vine leaves, and *dolma* means stuffing of minced meat and rice. In Slovenia, we usually use *dolma* as stuffing for stuffed bell peppers, but we can also use it to stuff tomatoes, onions, zucchini etc.

*

Moussaka
Seasonal salad

'Moussaka' is a word of Arabic origin and it signifies a dish made of vegetables and roasted meat, prepared in several luscious layers.

Boranija ali pasulj
Somun (lepinja)

Boranija je lahko mesna ali brez mesa. Nekateri jo imenujejo golaž iz stročjega fižola. A boranija je pravzaprav ime za stročji fižol kot tudi za enolončnico iz njega. Tako kot je pasulj ime za fižolovo zrna ter enolončnico iz njih. Simpl ko pasulj!

*

Gravče na tavče s suhim mesom
Vloženi feferoni

Med pravoslavci ima vsaka hiša svojega zavetnika in po tradiciji družine pripravijo svojo »slavo« na dan družinskega svetnika, kjerkoli so, četudi v tujini ali daleč od doma. V Makedoniji na ta dan postrežejo sarmo, gravče na tavče iz fižola tetovca, turšijo (v kis vložena mešana zelenjava iz korenja, cvetače in še zelenega paradižnika), pečeno rdečo papriko in s skuto nadevano papriko, solato iz svežega ali kislega zelja, narezek iz salame in slanega belega sira ter obvezne slaščice, kot sta baklava in tulumba. Na navaden dan pa jedo le gravče na tavče brez mesa.

Boranija or pasulj
Somun (lepinja) bread roll

Boranija can be meatless or with meat. Some even call it 'string beans goulash'. The word '*boranija*' simultaneously means 'string beans' and 'string bean stew'. Just as '*pasulj*' in its native tongue denotes both beans and bean stew. Easy beansy!

*

Gravče na tavče with dried meat
Pickled pepperoni

Among the Orthodox families, each household has its patron saint, and according to tradition, families prepare their 'slava' (patron saint celebration day) on the day of the family saint, wherever they are, even abroad or far from home. In Macedonia, on this day, they serve *sarma*, *gravče na tavče* from special tetovac beans, *turšija* (mixed pickled vegetables: carrots, cauliflower and unripe green tomatoes), roasted red bell peppers and peppers stuffed with cottage cheese, salad from fresh cabbage or sauerkraut, cold cuts with salami and salty white cheese and mandatory desserts such as *baklava* and *tulumba*. On an ordinary day, however, they will eat only *gravče na tavče* without meat.

NAŠA KUHNA

OUR CUISINE

V projektu *Naša kuhna* smo moči združili trije gorenjski muzeji – Loški muzej Škofja Loka, Gornjesavski muzej Jesenice in Muzeji radovaljiške občine – v sodelovanju s Posavskim muzejem Brežice. Projekt je sestavljen iz dveh delov: spletnega in stvarnega. Na skupni spletni platformi – *Špajzi* hranimo digitalizirane »posladke« iz muzejskih zbirk in knjižnega gradiva, ki predstavljajo kulinarische značilnosti, jedilno kulturo in predmete, pa tudi posnetke delavnic in virtualne ogledi razstav.

A hrana preko spleteta nima okusa, ne zadiši. Zato smo iskali načine, kako izkušnjo *Naše kuhne* približati čim širšemu krogu ljudi. Precej gostincev pri nas že ponuja tradicionalne, a bolj kot ne praznične jedi. Pozabljamo, da je tudi vsakdanja prehrana izredno zanimiva, raznolika, pogosto pa zaradi pomanjkanja celo bolj izvirna kot praznična. Zato smo v sodelovanju z Razvojno agencijo Zgornje Gorenjske in jeseniškimi gostinci pripravili enoten meni pod imenom *Delavska malca*. Jedilniki spomnijo na jedi, ki smo jih posvojili od delavcev železarne, ki so na Jesenice prišli s trebuhom za kruhom iz drugih delov Slovenije, predvsem s Primorske, in republik nekdanje Jugoslavije. Delavsko malco predstavljamo kot enega od turističnih produktov, a je v prvi vrsti namenjena domačinom, da jim na okusen način predstavi mavričnost naše kulinarische dediščine.

In the Our Cuisine project, three Gorenjska museums – the Loški muzej of Škofja Loka, the Gornjesavski muzej of Jesenice and the Muzeji radovaljiške občine – joined forces with the Posavski muzej Brežice. The project consists of two parts: the virtual, online one – and the 3D one which is very much offline and tangible. On our joint online platform 'Špajza' we store digitized 'treats' from museum collections and book materials, which present culinary characteristics, food culture and objects, as well as recordings of workshops and virtual tours of exhibitions.

However, virtual food has no flavour and doesn't smell as lovely as the real deal does – which we found to be a crying shame. Therefore, we started looking for ways to bring the mouth-watering experience of the Our Cuisine project to the widest possible circle of people. Many restaurants in our country already offer traditional Slovene dishes, but more often than not those are special, luscious festive dishes. We forget that the everyday diet of our ancestors is also extremely interesting, varied, and often even more original than festive dishes (the state of lack forced the people to be inventive and resourceful). Therefore we prepared a unique menu called The Workers' Lunch in cooperation with RAGOR and Jesenice chefs and restaurant owners. These menus remind us just how many unique dishes we either developed or adopted from the ironworks workers

who came to Jesenice in search of employment, be it from other parts of Slovenia (especially from Primorska) or from other republics of the former Yugoslavia. Even though we present The Workers' Lunch as one of the tourist products, it is primarily intended for the locals so they can experience the variety of our culinary heritage in the most delicious of ways.

Špela Smolej Milat,
Gornjesavski muzej Jesenice



Kuhinja okoli leta 1960.
Multipurpose kitchen, cca. 1960.

KUHAM DOMAče HOMEly COOKING

Kulinarika dobiva na polju turizma, kulturne dediščine in razvoja podeželja zelo pomembno vlogo, kar prepoznavamo tudi na Razvojni agenciji Zgornje Gorenjske. S projektom KUHAM DOMAče si prizadevamo ohranjati in širiti znanja priprave tradicionalnih domačih jedi. Na kuharskih delavnicah, ki jih izvajamo v živo in preko spletja, ne pripravljamo le posameznih domačih jedi, pač pa ovekovečimo njeno dediščino in spoznavamo postopek priprave od njive do krožnika. Zlasti nas zanima, kako so to počele naše babice in dedki. V aktivnosti vključimo in med seboj povežemo deležnike na različnih nivojih: lokalne muzeje, gostince, šole, društva podeželskih žena in posameznike, npr. lokalne gospodinje, ki so pripravljene deliti svoja kuharska znanja. Navsezadnje si s tem prizadevamo okrepiti medsebojne vezi med domačini.

Pomemben korak naprej od samih kuharskih delavnic je izvedba projekta KUHAM DOMAče na Jesenicah, kjer smo moči združili z Gornjesavskim muzejem Jesenice in jeseniškimi gostinci ter izdelali pričucoči meni *Delavska malca*. Na ta način znanja in vedenja o naši prehranski dediščini ne le zapišemo, ampak jih prenašamo v prakso, na krožnik – skratka v življenje.

Culinary arts play an increasingly important role in the field of tourism, cultural heritage and development of rural areas, which we also recognize at RAGOR. With the HOMEly COOKING project, we strive to preserve and share the knowledge and skills of preparing traditional home-made dishes. In the cooking workshops, which we carry out both live and online, we not only prepare individual home-made dishes, but also help preserve our culinary heritage and get to know every step of the food preparation process from the field to the plate. We are especially interested in the culinary skills and traditions of our grandparents and earlier ancestors. The activities involve and connect participants on different levels: local museums, caterers and restaurants, schools, rural women's associations and knowledgeable, highly skilled individuals such as local housewives who are willing to share their cooking skills, experience and recipes. After all, we are trying to hereby strengthen the mutual ties between the locals.

An important step forward from the cooking workshops is the implementation of the HOMEly COOKING project in Jesenice, where we joined forces with the *Gornjesavski muzej Jesenice* and Jesenice chefs and restaurants and created the present menu called The Workers' Lunch. In this way, the knowledge and nearly forgotten secrets about our culinary

heritage are not merely written down, but given a new life, – transferred from the paper to the plate, from texts to tables.

Ambrož Černe,
Razvojna agencija Zgornje Gorenjske (RAGOR)



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NAŠA KUHNA



OBČINA JESENICE



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA KULTURO

Pri sestavljanju menijev so nam pomagali jeseniški gostinci, nekaj jedi in opisov pa smo našli v knjigah
Mavričnost kulture in kulinarike Jesenice Zdenko Torkar Tahir in Nine Hribar (Gornjesavski muzej Jesenice 2019),
Okusiti Slovenije Janeza Bogataja (Rokus Klett 2012) in Kuharica slovenskih Bosank Ženskega združenja Zemzem (2011).

We developed these menus thanks to the generous help of many Jesenice chefs and restaurant owners. Some (nearly) forgotten dishes and descriptions/recipes were found in the following books: *Mavričnost kulture in kulinarike Jesenice* (The Colourful Variety of Culture and Culinary Arts of Jesenice) by Zdenko Torkar Tahir and Nina Hribar, issued by The Gornjesavski muzej Jesenice in 2019; *Okusiti Slovenija* (To Taste Slovenia) by Janez Bogataj (Rokus Klett 2012) and *Kuharica slovenskih Bosank* (The Cook Book of Bosnian Women living in Slovenia) by the Žensko združenje Zemzem (The Zemzem Women's Association), published in 2011.

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SMOLEJ, Špela

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Gornjesavski muzej Jesenice, Špela Ankele, Foto Vidmar]. - Jesenice : Razvojna agencija Zgornje Gorenjske =
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Pravilna prehrana - zdravje + delovna sposobnost = osebno zadovoljstvo

Daleč so časi, ko so ljudje poznali in mogoče tudi upoštevali preprost ljudski rek, da prazna vreča ne stoji pokonci. Kdo ve, v kateri glavi se je porodila ta domislica? Kakor pa je preprosta, je obenem, lahko rečemo, tudi življenjsko zrela. Iz nje vidimo, da so ljudje že od nekdaj opozarjali na prehrano. Razumljivo pa so jo jemali po svoje, primitivno, in še danes je brez dvoma pozornost ki gre prehrani, pomanjkljiva.

Kaj naj bi vedela vsaka gospodinja o prehrani? Pa ne samo gospodinja! Odveč ne bi bilo obenemu dekletu, ali moškemu.

Ni vseeno kdaj, kaj in kako jemom.

Najprimernejše je, če vsebuje naša prehrana pet obrokov dnevno, po možnosti redno. Gotovo je zajtrk eden izmed glavnih obrokov. Človek, umsko ali fizično zaposlen, ki pride zjutraj iz neupuščnosti ali malomarnosti na delo z nezadostnim, ali celo brez zajtrka,

mogoče niti ne opazi, da se pri delu ne more dovolj zbrati in ne more biti pazljiv. Hitro se utrudi, lakoto pa občuti šele, ko njegova delovna sposobnost že pada. Zaradi vsega tega naj bi bil zajtrk res izdaten. Vseboval naj bi polnovredna živila, kot so mleko, ovseni kosmiči, jajca, sir, sladkor, meso, kruh (bolje črn) itd. V tej zbirki lahko dobi vsakdo za svoj okus nekaj, kar mu bo nudilo lahek in izdaten zajtrk. Zal pa je to premnogim zaradi neurjenih razmer otežkočeno, da celo nemogoče. — Prav zato bi bil topel obrok, ki bi ga pripravljali v Železarni, nadvse potreben. Nepravilno bi bilo in zgrešeno, če bi ga ljudje jemali kot nadomestek za zajtrk ali celo kosilo. Topel obrok naj bi bil res le malica oz. vmesni obrok, ki je, najsi bo dopoldne ali pa popoldne, potreben bolj, kot smo se tega zavedali včasih.

S to ugodnostjo bi bile dosežene obojne koristi, tako Železarne, kot

uslužbencev. Možna bi bila večja storilnost, boljše zdravstveno stanje osebja, število nesreč bi bilo manjše itd. Predvsem pa bi bilo to v veliko pomoč zaposlenim ženam, ki jih po vsem naporu službe čaka doma še kuhanje kosila in delavcem, ki stanujejo daleč, ali se vozijo na delo iz drugih krajev. Če bi osvojili ta način prehranjevanja in imeli obenem izdatno kosilo in večerjo, lahko tudi skromno, bi bilo dosti manj bolezni.

Ob koncu še to. Pri jedi se priporoča mir. Poskusite pozabiti na skrbi in delo, ki vas čaka. Tako vam bo bolj tehnilo in več zaledlo.

Držite se vsega tega in delo bo uspešnejše. Nudilo vam bo zadovoljstvo, to je pa zopet važen pogoj za zdravje.

T. S.