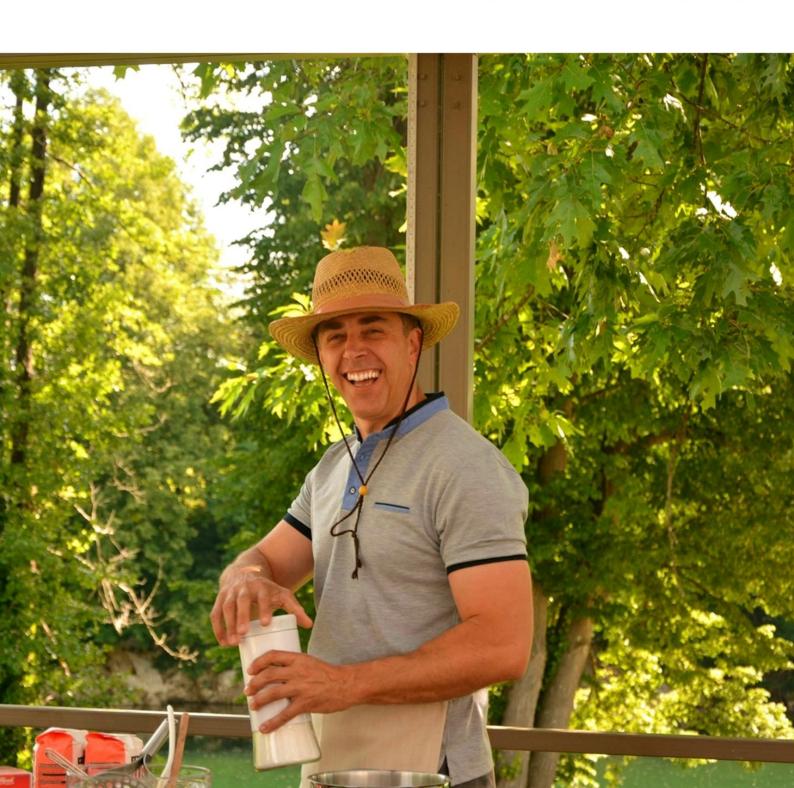


Slovenian Žganci: Buckwheat Mush with

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Slovenian Žganci: Buckwheat Mush with Coffee

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Žganci was imprinted in Slovenians memory as a healthy food that gives you strength and energy, as a food that people used to eat for breakfast or used other variations of Žgancy as a side dish, . It is rich in energy giving carbohydrates.

Žganci wasn't tied to a specific social class. It was eaten by the poor as well as the rich. Different ingredients can be added into Žganci. Žganci may not be the best-looking dish but it tastes delicious and is very healthy.

Preparation time: 45 min.

4 servings

INGREDIENTS

- 1 c. Buckwheat flour
- 1 c. Barley flour
- Divka (Slovenian coffee)
- 2 c. Milk
- 2x2 c. Water
- Salt
- Sugar

- 1. Boil the salted water and then and slowly pour in the flour.
- 2. While poring flour, slowly stir. Wait few minutes. Flour will start to cohere into a large lump.
- 3. Once all the flour is added, you stop stirring. Then you cover the pan and let it cook for 15 minutes.
- 4. After 15 minutes, nudge the lump with a spoon, add some more water and butter.
- 5. Take a wooden spoon and beat it into submission. the raw flour mass will easily transform into a nice, smooth polenta if it's necessary.
- 6. Boil coffee in separate bowl. After it's boiled add some milk.
- 7. Pour mush into a dish and add coffee. Enjoy!

