



Slovenian Žganci: Buckwheat Mush with

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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 Žganci 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!

