



## BOHINJSKO FROM BOHINJ

Znak Bohinjsko/from Bohinj zagotavlja geografsko poreklo in visoko kakovost proizvodov in storitev.  
The Bohinjsko/from Bohinj sign guarantees geographic origin and the high quality of products and services.



### ČESNOVA JUHA Z MOHANTOVIM PONVIČNIKOM

Polna kremna juha s česnom krompirjem in kisló smetano. Česen je pridelan na bohinjski njivi (Kmetija , Studor) in je zaradi gorske klime blagega okusa. Juhi je dodan ponvičnik, nekoliko pozabljena jušna zakuha. Spečemo jo v ponvi iz ekološko pridelanih jajc (kmetija pr Ajdč) in moke, z dodatkom mohanta in zelišč. Mohant: mehak sir ostrega okusa z geografsko zaščitenim poreklom.

### GARLIC SOUP WITH MOHANT IN A PAN

Cream soup with garlic, potatoes and sour cream. Garlic is grown on fields in Bohinj (Studor) and has mild taste due to mountain climate. The soup is also added a special add-in that is baked in a pan, i.e. from eco eggs (Pr Ajdč farm) and flour, mohant cheese and herbs. Mohant: soft cheese with sharp taste and geographically protected origin.

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### AJMOHT

Preprosta mesna enolončnica z rumenim in rdečim korenjem, podzemno kolerabo, gomoljem zelene in korenine peteršilja. Skrbno izbrano telečje meso (Bohinjske mesnine) in začimbe dajo jedi poseben okus in vonj. Značilna prikuha ajmohtu so vodni žličniki narejeni iz bohinjske smetane, jajc in moke. V Bohinju ajmoht jemo z ajdovimi žganci.

### Ajmoht

Meat stew with yellow and red carrots, kohlrabi, celery and parsley roots. Carefully selected veal (Bohinjske mesnine) and herbs add this dish a special taste and smell. The stew is added gnocchi made from Bohinj cream, eggs and flour. Ajmoht stew is also combined with buckwheat žganci.

### PASTIRSKA MALCA

V planinah so pastirji gnali krave na pašo tudi dlje od planine. Čas so si krajšali z različnimi igrami, izdelovanjem piščali in krašenju palic. Za malico so si skuhalih krompir v oblicah, ki so ga na paši jedli s skuto.

Pastirska malca je preprosta okusna jed iz kuhanega krompirja v oblicah in »sirarška« sladka skuta iz mleka bohinjskih krav. »Sirarška« skuta je sladka skuta.

### SHEPHERD LUNCH

On pastures, shepherds took cattle for grazing also further from the pasture. Time was spent with various games, making flutes and decorating sticks. For lunch they cooked potatoes which they ate with cottage cheese. Shepherd lunch is a simple tasty dish made from cooked potatoes and sweet cottage cheese made from the milk of Bohinj cows. Albumen cottage cheese contains quality protein that is more easily digestible than the proteins in cheese and ordinary cheese that can be purchased in shops, because it is made from whey. This type of cottage cheese is good for your health as well as extremely tasty.



### KORUZNI ŽGANCIZ TRDINKE Z LATVICO KISLEGA MLEKA

Še ne dolgo nazaj je bila vsakodnevna hrana Bohinjcev žganci in kislo mleko. Moko so »s keštom« prinesli planino (enkrat na teden so v planino iz doline prinesli zalogo hrane imenovano »kešt«). Žgance so kuhali v kotlu. V vrelo vodo so vsuli moko, vanjo naredili luknjico, da je voda vrela skozi. Ko so bili kuhani so odvečno vodo odlili, žgance pa še nekaj časa pražili. Zabelili so jih z ocvirki. Žganci so tradicionalna jed iz grobo mlete avtohtone sorte koruze trdinke »Bohinjke«, temnejše, rdečkaste barve, z veliko luščin.

### “BOHINJKA TRDINKA” CORN ŽGANCIZ WITH SOUR MILK

Not that long ago, the people in Bohinj ate žganci and sour milk on a daily basis. They brought flour to pastures and cooked žganci in a pot. They put flour in boiling water, made a hole in it so that water boiled through that hole. When žganci were cooked, excessive water was poured out and žganci were roasted for a while. They tasted best with cracklings.

Žganci is a traditional dish made from milled autochthonous “Bohinjka trdinka” corn, which has dark and reddish colour as well as many husks.



### MOHANTOVI PIŠKOTI

Mohant je mehki sir belkasto rumene barve z značilnim pikantnim ostrim in močno izraženim vonjem in okusom. Ponaša se z geografsko zaščito in ga pridelujejo samo v Bohinju. Sladki marmeladni žepki z dodatkom mohanta so zanimiva sladko –slana- pikantna kombinacija, narejeni po receptu Katice Mikelj.

### Mohant biscuits

Mohant is soft yellowish cheese that has a typical spicy and strong scent and taste. It is geographically protected and produced only in Bohinj. Sweet marmalade “pockets” with mohant cheese are an interesting sweet and salty combination, made by the recipe of Katica Mikelj.