



DELAVSKA MALCA

THE WORKERS' LUNCH



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



Delavci in delavke na topli malici
20. junija 1960.
Workers enjoying hot lunch,
June 20 1960.

Vsebina Content

| | |
|---|----|
| Namesto aperitiva: O delavski malci | 3 |
| Instead of apéritif: About workers' Lunch | |
| Iz fabriške kantine | 5 |
| From the factory canteen | |
| Z domače delavske mize | 11 |
| The home cooked workers' meals | |
| Nedeljska južna | 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 | |

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

Med obema vojnama so delavci v železarni imeli pravico do desetminutnega odmora za malico, ki so jim jo prinašali družinski člani, kasneje pa so si jo morali prinesiti 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 življenjske 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 največkrat kupovali *na puf v fabriški kašti* in pri lokalnih mesarjih. Hrana je bila preprosta, a jedilnik pester, saj so gospodinje iz skromnih sestavin znale pričarati marsikaj.

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.



Košarica, s katero so nosili malico v železarno.
Woven basket for bringing lunch to the Iron Foundry.

Jeseniška železarna leta 1933, foto: Slavko Smolej.
Jesenice iron foundry 1933, photo: Slavko Smolej.

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, s katero so nosili malico v železarno.
Billycan for bringing lunch to the Iron Foundry.

'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). When their enthusiastic employees joined forces with each other and also with the 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).



Tovarniška kuhinja leta 1962.
Canteen miracle workers, 1962.

IZ FABRŠKE KANTINE FROM THE FACTORY CANTEEN

Po drugi svetovni vojni so se v železarni vse bolj množično zaposlovali tudi ženske in doma ni bilo nikogar, ki bi kuhal. *Fabrika* 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.

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)



LETO IV
ŠTEV. 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 lupi krompir.
Peeling potatoes in the canteen.



Deljenje toplih malic 6. julija 1982.
Queueing up for a hot meal, 6 July 1982.

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 or 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.

*

**Safalada
ali pasja radost
Krompirjeva solata
Pecivo**

Pred letom 1991 so v ogromnih količinah hrano za *fabrške* kantine pripravljale jeseniške mesnice 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 *ših*tu tudi edini v celem dnevu.

In times of scarcity, 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.

*

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

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 about 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 *fabriških* kantin so za prehrano delavcev skrbele gospodinje – tako za može kot *koštarje*, samske delavce. Med vojnama in po drugi svetovni vojni so bili jedilniki precej skromnejši kot spodaj naštet. 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 kuhali kavni nadomestek.
Pan for roasting barley (a common coffee substitute).



Kuha z ljubeznijo ne pozna pomanjkanja, Kasarna okoli leta 1930.
Cooking with love knows no lack, cca. 1930.



**Meso iz juhe
Govnač
Jabuka v šlafroku**

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



*

**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.

**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.



*

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

Ájmoht (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 ájmoht with whatever ingredients they currently



*

**Fržolova župa
Omlete z marmelado**

Brezmesna fižolova juha je bila običajno na vrsti v petek, ki je po krščanski tradiciji postni dan. 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.



*

**Bean stew
Marmalade 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.

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.



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.



*

Prežganka**Polpete iz mesa iz župe****Hrenov zos****Krompirjeva solata (s kumaro)**

Prežganko so zaradi obilice kumine kuhali 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 prežganju – *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.

*

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 a roux to braise some horseradish and cook it in white wine. Potato salad was seasonally 'spiced up' by adding fresh cucumbers from the garden.



*

Zelenavna župa
Češpljovi knedlni
Kompot

Slivove cmoke so običajno delali pozno poleti oziroma zgodaj jeseni, ko so dozorele slive, krompir iz kleti 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 cmoke.



*

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 postnem času, med pustom in veliko nočjo, ali ker pogosto mesa ni bilo, so suho meso zamenjali s suhim sadjem: s hruškami, jabolki in češpljami. Šmorn ali cesarski praženec so gospodinje delale na več načinov. Največkrat so iz mase naredile debelejšo omleto (palačinko) in jo natrgale na kose. Šmorn je bil tudi priboljšek za god, a dobil ga je le godovnik.

*

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

Nekatere delavske družine so celo redile prašiča, večina pa je v času kolin za ozimnico 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

**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

na običajnem jedilniku. Tudi šado je bil posladek za posebne priložnosti. Čeprav je bilo vino od alkoholnih pijač še najbolj dostopno, je bilo rezervirano za očeta – glavo družine. Šado so jedli kar samega, ne tako 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 kruha 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



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.

Mešta (potato žganci)
Sour turnips



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 pred novo vrtnarsko sezono jabolka iz kleti potrebno 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?
High expectations of the shack-settlement children, 1961.

NEDELJSKA JUŽNA SUNDAY LUNCH

Še ne dolgo nazaj je bilo meso na mizi le ob nedeljah, ko je mama skuhalo 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 novjšem 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«.

*

*Goveja župa
Meso iz juhe
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*

*

Za osvežitev kar težkega obroka so poleg 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 (noon) 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 breakthrough of the Karavanke Tunnel on the Karavanke-Bohinj railroad, 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 into the

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

*

***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.



*

***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.

local culinary mix the dishes their mothers taught them. 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 TRIGLAVA⁴ FROM VARDAR TO TRIGLAV⁴

Na Jesenice so priseljenci iz republik nekdanje Jugoslavije prihajali oziroma so »po njih prihajali dol« 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 jugoslovanskih 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*.⁵ Že leta 1938 v Tovarniškem vestniku v rubriki Za naše gospodinje najdemo recept za sarme. Podobno kot primorsko joto so fabrške kantine nudile še pasulj, *filane* paprike in sarme, musako ... A spretnosti 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.

As early as 1948, immigrants from the republics of the former Yugoslavia were either making their way 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 bel 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.

⁴ Od Vardara pa do Triglava je prvi verz iz popularne domoljubne pesmi »Jugoslavijo« iz 80. let 20. stoletja. Makedonska reka Vardar in slovenska gora Triglav sta znamenitosti na skrajnem južnem in severnem delu nekdanje države Jugoslavije. / »Od Vardara pa do Triglava« (From the Vardar to Triglav) is the first verse of the popular patriotic song »Jugoslavijo« («Yugoslavia») from the 1980s. The Macedonian river Vardar and the Slovenian mountain Triglav are two popular natural gems of the southernmost and northernmost parts of the former Yugoslavia respectively.

⁵ *Fusion kuhinja* združuje elemente različnih kulinarčnih tradicij, ki izvirajo iz različnih držav, regij ali kultur. Tovrsten koncept kuhanja ni kategoriziran v skladu z določenim slogom kuhinarke in je že od sedemdesetih let gibalno inovacij številnih sodobnih restavracijskih kuhinj. / *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 šifta – 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 kuhali 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

šihtom. Zanj velja, da je skupinska jed, saj dobi boljši okus in aromo, če se pripravlja v večji količini in v glineni posodi. Bamija ali okra je nezrel semenski strok, ki ga uporabljamo kot zelenjavo 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, kislá 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.

as a vegetable in many Bosnian *čorba* 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 fižolova zrna ter enolončnico iz njih. Simpl ko pasulj!



*

Gravče na tavče⁶ 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: korenje, cvetača in še zeleni paradižniki), 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 tavče⁶ 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.

⁶ 'Tavče' ali 'tava' je glinená posoda, v kateri je pečen fižol – 'gravče'. 'Tavče' or 'tava' is the clay pot in which the 'gravče' – i.e. beans – are baked.

NAŠA KUHNA OUR CUISINE

V projektu *Naša kuhna* smo moči združili trije gorenjski muzeji – Loški muzej Škofja Loka, Gornjesavski muzej Jesenice in Muzeji radovljiške 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 kulinarične značilnosti, jedilno kulturo in predmete, pa tudi posnetke delavnic in virtualne ogleda razstav.

A hrana preko spleta 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 iz republik nekdanje Jugoslavije. Delavska malca predstavljamo kot enega od turističnih produktov, a je v prvi vrsti namenjena domačinom, da jim na okusen način predstavi mavričnost naše kulinarične dediščine.

In the Our Cuisine project, three Gorenjska museums – the Loški muzej of Škofja Loka, the Gornjesavski muzej of Jesenice and the Muzeji radovljiške 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 (food scarcity forced the people to be inventive and resourceful). Therefore, we prepared a unique menu called 'Delavska malca' (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 spleta, 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 pričujoči meni Delavska malca. Poleg tega smo jeseniško prehransko dediščino spoznavali tudi na turističnih krožkih v sklopu projekta Turizmu pomaga lastna glava. Z jeseniškimi osnovnošolci in gostinci smo v obliki šestih promocijskih filmčkov produkt Delavska malca predstavili javnosti. V letu 2022 smo izbrane jedi iz Delavske malce nadgradili v street food

Culinary arts play an increasingly important role in the field of tourism, cultural heritage and development of rural areas, which we at RAGOR also recognize. With the KUHAM DOMAče (*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 'KUHAM DOMAče' (*HOMEly COOKING*) project in Jesenice, where we joined forces with the Gornjesavski muzej Jesenice and Jesenice chefs and restaurants in order to create the present menu called 'Delavska malca' (The Workers' Lunch). In addition, we organised

obliko. Znanj in vedenj o naši prehranski dediščini torej ne le zapišemo, ampak jih prenašamo v prakso, na krožnik – skratka: v življenje.

extracurricular activities for schools where we explored the local food heritage of Jesenice as part of the Turizmu pomaga lastna glava (*Thinking Helps Tourism*) project. Primary school students and caterers from Jesenice joined forces and presented the menu to the public in the form of six promotional films. In 2022, several dishes from the Delavska malca (The Workers' Lunch) selection are being presented as »street food« as well. Hence, with this project we did not merely write down the knowledge about our food heritage; instead, we put it into practice, on plates – in short: we brought the past back to life.

Ambrož Černe,
Razvojna agencija Zgornje Gorenjske



Projekt KUHAM DOMAče financira Občina Jesenice.
Project KUHAM DOMAče (HOMEly COOKING) is funded by the Municipality of Jesenice.

Uredila / Editors: Gornjesavski muzej Jesenice, Razvojna agencija Zgornje Gorenjske

Besedila, lektura / Text, proofreading: Gornjesavski muzej Jesenice

Strokovni pregled / Expert review: dr. Janez Bogataj

Prevod / Translation: LHOTSE, Lothar Orel s. p.

Fotografsko gradivo / Photos: Gornjesavski muzej Jesenice, Špela Ankele – Slovenske novice, Špelina shramba,

Foto Vidmar, Gregor Vidmar s. p., Razvojna agencija Zgornje Gorenjske, Ljudska univerza Jesenice,

Mladinski center Jesenice, Aleksandra Orel

Oblikovanje / Design: Rosje

Tisk / Print: Medium, d.o.o.

Izdala in založila / Issued and published by: Razvojna agencija Zgornje Gorenjske, Jesenice

in / and Gornjesavski muzej Jesenice

Naklada / Circulation: 1000 izvodov

2. izdaja / 2nd edition

Junij / June 2022



Pri sestavljanju menijev so nam pomagali jeseniški gostinci, nekaj jedi in opisov pa smo našli v knjigah *Mavričnost kulture in kulinarike Jesenic* Zdenke Torkar Tahir in Nine Hribar (Gornjesavski muzej Jesenice 2019), *Okusiti Slovenijo* Janeza Bogataja (Rokus Klett 2012) in *Kuharica slovenskih Bosank* (Žensko združenje 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 Jesenic* (The Colourful Variety of Culture and Culinary Arts of Jesenice) by Zdenka Torkar Tahir and Nina Hribar, issued by The Gornjesavski muzej Jesenice in 2019; *Okusiti Slovenijo* (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.

Za pomoč pri fotografiranju jedi se zahvaljujemo Špeli Ankele – Slovenske novice, Špelina shramba, Vesni z Visokega, hokejistu Andreju Tavžlju in kranjskemu Valterju.

A special thanks for helping us photograph the dishes to Špela Ankele – Slovenske novice, Špelina shramba, Vesna from Visoko, hockey player Andrej Tavželj and the 'Valter' restaurant of Kranj.

CIP - Kataložni zapis o publikaciji
Narodna in univerzitetna knjižnica, Ljubljana

392.8-057.2(497.4Jesenice)(091)

DELAVSKA malca = The workers' lunch / [besedila Gornjesavski muzej Jesenice ; prevod Lhotse ; fotografsko gradivo Gornjesavski muzej Jesenice ... et al.]. - 2. izd. = 2nd ed. - Jesenice : Razvojna agencija Zgornje Gorenjske = Development Agency for Upper Gorenjska : Gornjesavski muzej = Upper Sava Valley Museum, 2022

ISBN 978-961-95252-2-7 (Razvojna agencija Zgornje Gorenjske)
COBISS.SI-ID 107691011



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 nobenemu dekletu, ali moškemu.

Ni vseeno kdaj, kaj in kako jemo.

Najprimerneje 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 nepoučenosti 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 utruji, lakoto pa občuti šele, ko njegova delovna sposobnost že pade. Zaradi vsega tega naj bi bil zajtrk reš 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. Žal pa je to premnogim zaradi neurejenih 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 boleznih.

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

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

T. S.