



JERNEJ KITCHEN

SLOVENIAN BUCKWHEAT PORRIDGE (AJDOVI ZGANCI)

Slovenian Buckwheat Porridge or Ajdovi zganci is a simple 3-ingredient recipe for a traditional side dish. Serve with meat or soup.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

BUCKWHEAT PORRIDGE

300 g (2 cups) buckwheat flour

1 liter (4 cups) water

1 tsp salt

PORK RIND IN LARD (OPTIONAL)

100 g pork cracklings in lard OR
chicharon OR pancetta

TOOLS AND EQUIPEMENT

skillet

saucepan

wooden spoon

PAN-FRY THE BUCKWHEAT FLOUR

Place a large skillet over medium heat. Add the buckwheat flour and pan-fry for 2 - 3 minutes or until it smells delicious. Stir regularly to prevent burning.

COOK THE PORRIDGE

Pour water into a saucepan and place over high heat. When the water starts to boil, drop all the flour in one motion at the center of the pot. A big dumpling will form. Bring to a boil, then simmer for 2 - 3 minutes. Using a wooden spoon handle, make a 2 - 3 centimeters (or 1-inch) wide hole in the center of the buckwheat Porridge to make a volcano shape so that the water can pour into the center of the volcano. Cover with a lid and cook for 20 - 25 minutes.

SLOVENIAN BUCKWHEAT PORRIDGE

Pour the cooking water into a jug. Using a wooden spoon, stir the porridge well to get a thick mixture without any traces of flour. The zganci should be sticky and thick, with a clay-like texture. If the Porridge is too dry and doesn't stick together, add about 60ml (1/4 cup) of the cooking water. Add the water gradually until sticky and dense consistency forms (check the video.)

PORK CRACKLINGS (OPTIONAL)

Place a skillet over medium heat. Add the ocvirki or pork cracklings (rind) in lard or cubbed pancetta. Pan-fry for a couple of minutes until the meat is golden brown and crunchy.

SERVE

Scoop some of the buckwheat mixture using a wooden spoon, then using a fork, scrape the porridge into a serving bowl to

get small pieces of zganci. Sprinkle the cracklings or pancetta over the buckwheat porridge and serve.