

# “COOKING KIDS” PROJECT

LET'S PREPARE  
A **HEALTHY & TRADITIONAL** MEAL!

through creative **relationship with nature**  
based on **tradition**  
for a well-developed **culture of eating**  
and long-term **health**



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 REPUBLIC OF SLOVENIA  
MINISTRY OF HEALTH

**DOBER TEK**  
Slovenija  
Eat Healthy & Keep Moving.

 REPUBLIC OF SLOVENIA  
MINISTRY OF AGRICULTURE,  
FORESTRY AND FOOD

**SPAR** 

 **SLOVENIA**  
EUROPEAN REGION OF GASTRONOMY  
AWARDED 2021



# **CHALLENGES AT THE NATIONAL & GLOBAL LEVEL**

**Health**

**Local & seasonal food**

**Food waste**

**Climate change**

**Education**

**Employment**

**Social skills**

**Independence**

**Hunger**







# MAIN GOALS

- learning about the preparation of **healthy** meals and developing **cooking skills**
- raising awareness about **sustainability** at all levels, including **food safety**
- emphasizing the use of **basic natural** ingredients - rediscovering the **natural** taste of food
- promoting the use of **local food products** and **seasonal ingredients** from **local areas**
- upgrading the **knowledge** of the staff responsible for **school nutrition**
- leading by **example** and **inspiring** peers and younger generations
- intergenerational learning - **food heritage** ("grandma's recipes")
- **empowering** children to choose their future profession
- promoting the **joy of work** and respecting the work of adults
- influencing **parents**, the **local community** and the rest of the **population**
- promoting **healthy diets** for better mental and physical **health**

## GORIŠKA GUBANCA – SMALL POTICAS FROM GORIŠKA BRDA

Potica is an indispensable part of the major religious and non-religious holidays, including important events such as birthdays, weddings and, more recently, celebrations or protocol activities. Potica is the Slovenian "first lady" in gastronomy. The geographical, climatic and cultural diversity of Slovenia, conditioned by its

history, manifests itself in food. The name gubana, which designates these small wraps, comes from the neighboring Italy, even though the word guba comes from the northeastern Slovenia, referring to the many different types of gibanica that characterize the regional food heritage.



## REPINKA - JEŠPRENKA S TROPINKO - TURNIP BARLEY SOUP

Turnip, in particular fermented turnip, is a typical Slovenian dish and an integral part of the rare indigenous dishes of Slovenia. However, its preparation or processing (the fermentation process) varies from region to region. On the Karst slopes of the Vipava Valley, they use a very special storage process dating back to a time before refrigerators. Turnip tubers are soaked in grape pomace left over from the harvest (since it is one of the most important wine regions). This gives them a special color

and a unique taste. Tropinka as they call it (tropine means grape pomace) is one of the forgotten ingredients used for preparing food and represents an important part of the culinary heritage.

Turnip is also one of the most commonly used ingredients in the northeastern Slovenia. It was mainly cooked during kolone - the pig slaughter. The cooking involved boiling a pig head, which gave the name bujta repa (killed turnip) typical of this part of Slovenia.



## FIŽOLOVKA S HRUŠKAMI - BEAN STEW WITH PEARS

In our grandparents' time, beans were also called "the meat of the poor". Meat used to be served once a week and beans satisfied the need for protein. They are found in a wide variety of local, seasonal and traditional dishes all over Slovenia. Beans were cooked for several days in advance. The water used for cooking the beans was also consumed to prevent any leftovers. Fruits have always been extremely important for providing the body with the necessary vitamins. In the past, fresh fruit was only available when it was offered by

nature. Our ancestors developed interesting or innovative "storage" techniques. Dried or semi-dried fruits were therefore the most common. Fruits were also almost the only ingredient used to enrich desserts or sweet snacks.

Adding local fruits to one of the most common dishes eaten with a spoon demonstrates the imagination of cooks of the time. Even though a combination of beans and apples is the most common, pears give a particularly good flavor.



## **JOTA or SEGEDIN – SAUERKRAUT SOUP**

Sauerkraut is one of the most common ingredients in all of Slovenia. It can be found in the traditional dishes of our ancestors across all Slovenian regions. It characterizes the Slovenian food diversity. The names of the dishes change according

to the culture and the neighboring countries and, above all, the preparation methods. Almost all winter menus offer sauerkraut, which does not only taste good but is also a good source of vitamins.





## **DRAŽGOŠKI MEDENI KRUHKI - DRAŽGOŠE HONEY BREADS**

Originally from the Škofja Loka region, the art of making these delicious ornaments has been best preserved in Poljanska and Selška valleys. Back in the old days, honey breads were offered as gifts during religious and other holidays, representing a symbol of love, respect and friendship.

Their form was adapted for a specific purpose, but the most popular forms were hearts, circles, half circles and stars. By using two varieties of flour (mostly white - wheat and dark - rye), the cooks achieved a more colorful effect on their hand-crafted products.







# MAIN ACTIVITIES

- **kids to kids - cooking traditional meals** in school kitchens
  - **workshops for teachers**, school nutrition planners and school kitchen managers
  - **workshops for children**
  - **public regional cooking events**
  - **promotion of the project and its goals at culinary and diplomatic events**
  - **raising public awareness** through media output
  - **publishing thematic literature (cookbooks)**
  - **performing analyses, evaluations, reports**
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**Cheers to a better future  
through a healthy traditional diet  
for all of us!**

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