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Tri kuharice



Slatki okusi varaždinskog kraja

Three cooks' cook

Sweet flavours of Varaždin

Savijača od oraħa Walnut strudel

Osnovni recept za tanko vučeno tijesto:
300 g brašna, 2 žlice ulja, sol, par kapi octa,
mlaka voda

Nadjev:
300 g oraha
1 dl kiselog vrhnja
1,5 dl mlijeka
100 g šećera
korica limuna, med, cimet

U prosijano brašno dodati sol, ulje i mlaku vodu s par kapi octa. Umijesiti glatko tijesto srednje čvrstoće dok se ne stvore mjehurići. Tijesto oblikovati u loptu, premazati uljem i ostaviti na toplome pola sata. Za nadjev izmiješati orahe i vrelo mlijeko, dodati med, šećer, koricu od limuna, cimet i vrhnje.

Na stolnjaku posipanom brašnom pažljivo razvući tijesto dok ne postane prozirno i izrezati deblje krajeve. Nadjev premazati do pola tijesta, saviti pomoću stolnjaka, staviti u premazanu tepsiju te još malo premazati vrhnjem. Peći na 200 stupnjeva.

Basic recipe for thin pastry:
300 g flour, 2 tbl spoons oil, few drops of vinegar,
lukewarm water

Filling:
300 g walnut
1 dl Smetana
1,5 dl milk
100 g sugar
lemon rind, honey, cinnamon

Sieve the flour, add salt and oil and work into a medium soft dough of a bubbly consistency adding lukewarm vinegary water as necessary. Shape the dough into a ball, smear with oil and leave it to rest for half hour in a warm place. Meanwhile prepare the filling by dousing ground walnuts with hot milk, adding honey, sugar, grated lemon rind, cinnamon and Smetana. Spread a large soft cloth (tablecloth) on a kitchen table, flour it and carefully roll out the dough, working it with floured hands until it is paper thin, cutting off the thicker edges.

Cover half of the dough with filling, roll it up with the aid of the cloth, place into a baking tin and bake at 200°C (390F).



Savijača od jabuka, krušaka i šljiva Apple, pear and plum strudel

Tijesto:
Osnovni recept za tanko vučeno tijesto
ili gotovo tanko tijesto

Nadjev:
2 veće jabuke
2 veće kruške
500 g šljiva (može i iz kompota)
100-150 g šećera
1 vanili šećer
cimet, krušne mrvice, korica limuna
šećer za posipavanje
maslac za premazivanje

Jabuke i kruške oguliti (mogu biti i neoguljene) te izrezati na tanke listiće. Šljive očistiti od koštica i također izrezati na četvrtine. Pripremljeno tijesto razvući na brašnom posipanom stolnjaku, a deblje rubove odrezati. Mrvice kratko ispržiti na malo masnoće te posipati po tijestu. Dodati i pripremljeno voće, struganu koricu limuna, šećer, vanili šećer. Saviti pomoću stolnjaka i staviti u tepsiju. Savijaču namazati maslacem i peći na 200 stupnjeva dok ne porumeni. Vruću savijaču posipati šećerom u prahu.

Dough:
Make the dough using the basic recipe for thin dough or use the ready made strudel dough leaves.

Filling:
2 large apples
2 large pears
500 g plums (tinned plums can be used)
100-150 g sugar
1 sachet vanilla sugar
cinnamon, bread crumbs, lemon rind
sugar for sprinkling
butter for coating

Peel the apples and pears (can also be unpeeled) and slice thinly. Stone the plums and cut into quarters. Roll out the dough on a floured cloth, cutting off the thick edges. Fry the breadcrumbs briefly in a drop of oil or butter, sprinkle over the rolled out dough, and spread the prepared fruit on top of it together with grated lemon rind, sugar, vanilla sugar and cinnamon. Roll up using the cloth and place into a baking tin. Coat with butter and bake at 200°C (390F) until golden. While still hot sprinkle with castor sugar.



Kokos kifle Coconut croissants

400 g	brašna glatkog
100 g	kokosovog brašna
100 g	šećera mljevenog
200 g	margarina
1	jaje

Zamijesiti tijesto od navedenih namirnica, oblikovati kiflice, ispeći ih te vrhove kiflica umočiti u rastopljenu čokoladu i kokos.

400 g	fine flour
100 g	desiccated coconut
100 g	castor sugar
200 g	margarine
1	egg

Mix the ingredients into pastry, shape into croissants, bake and dip the tips into melted chocolate and desiccated coconut.



Kifle od oraha Walnut croissants

400 g	brašna (oštrog + glatkog)
250 g	margarina
100 g	oraha
100 g	mljevenog šećera
1	vanilin šećer
1	bjelanjak
3 žlice	mlijeka
	malo ruma

Zamijesiti tijesto od navedenih namirnica, oblikovati kiflice te ih još vruće uvaljati u šećer u prahu pomiješan s vanili šećerom.

400 g	flour (fine + rough)
250 g	margarine
100 g	ground walnut
100 g	castor sugar
1	sachet vanilla sugar
1	egg white
3tbl spoons	milk
	Few drops of rum

Combine the ingredients into pastry, shape into croissants, bake until golden, and while still piping hot roll into castor sugar mixed with vanilla sugar.



Čokoladni nabujak s umakom od vanilije Chocolate soufflé with vanilla sauce

250 g	jaja
250 g	maslaca
250 g	čokolade za kuhanje
100 g	žumanjka
50 g	glatkog prosijanog brašna
125 g	šećera u prahu (prosijanog)

Izmiješati jaja i žumanjke s mutilicom, dodati omekšani maslac i omekšanu čokoladu, brašno i šećer u prahu. Zajedno promiješati, prekriti folijom i ostaviti u hladnjak dva sata dok se smjesa ne stvrdne.

Kalup obložiti sa svih strana masnim papirom, stvrdnutu smjesu staviti u vrećicu za ukrašavanje te kalupe napuniti do pola.

Peći 10 minuta na 250 stupnjeva.

Umak od vanilije:

10 g	puđinga od vanilije
2 dl	mlijeka
1	vanili šećer
30 g	šećera

Od navedenih sastojaka skuhati umak.

250 g	eggs
250 g	butter
250 g	cooking chocolate
100 g	egg yolks
50 g	fine flour
125 g	castor sugar

Whisk the eggs and egg yolks, add the softened butter and softened chocolate, sieved flour and castor sugar. Combine well, cover with foil and leave in a fridge for couple of hours until the mixture hardens.

Line the moulds with baking paper, transfer the hardened mixture into a piping bag and half fill the moulds.

Bake at 250°C (480°F) for ten minutes.

Vanilla sauce:

10 g	vanilla pudding mixture
2 dl	milk
1 sachet	vanilla sugar
30 g	sugar

Combine the ingredients and cook the sauce.

