



Olja proizvajamo iz izbranih in prečiščenih semen z najmanj 98% čistočo, po naravnem postopku, brez kakršnih koli dodatkov (barvil, antioksidantov...). Naša posebnost so hladno stiskana olja, predvsem hladno stiskano bučno olje. Od leta 1994 se edini ukvarjamo s hladnim stiskanjem, kjer pa se semena ne obdelujejo (meljejo, pražijo, stiskajo), temveč se s posebno stiskalnico iz semen direktno iztisne olje. Pri tem postopku je maksimalna temperatura obdelave 40°C in tako dobimo popolnoma naravno olje, ki je po vonju, barvi in okusu skoraj identično semenu. Ta olja so zelo blaga in v sebi ohranijo tudi vse vitamine in minerale, ki so zelo pomembni za naš organizem.



Our oils are processed with a minimum of 98 percent purity from carefully selected and cleaned seeds, using a natural process, without any additives (colorants, antioxidants ...). Our specialty is cold-pressed oil, especially cold-pressed pumpkin seed oil. Since 1994 we have been exclusively working with cold-pressing oil, using a method where the seed is not treated (ground, roasted or pressed), but where the oil is pressed out of the seed directly with the aid of a special press. The highest possible temperature suitable for this procedure is 40°C, giving a truly natural oil, which is almost identical with the original seed in taste and smell. These oils are very mild and retain all their vitamins and minerals, which important for our health.

Buče spadajo med najstarejše zelenjadnice na svetu, saj jih najdemo že na vseh jedilnikih starih Egipčanov, Kitajcev in drugih. Že več desetletij ljudje vzgajajo vedno nove vrste, njihovo zdravilnost in kulinarčno raznovrstnost pa smo odkrili šele v zadnjih desetletjih. V majhnih zelenkastih semenih namreč tiči cel kup hranilnih snovi, ki so nujno potrebne človekovemu telesu. Telo krepijo, mu dajejo energijo, poleg tega pa s svojimi hranilnimi snovmi pripomorejo k zdravju ali ga ohranjajo.

BUČNA SEMENA

Bučna semena vsebujejo veliko vitaminov kot so provitamin A, vitamini B, C in E, zelo pomembne minerale, kot so kalcij, železo, magnezij, nekatere mikroelemente (selen, cink) ter nenasičene maščobne kisline. Uspešno se uporabljajo pri zdravljenju funkcijskih motenj mehurja, že od nekdaj pa veljajo tudi za zdravilo proti črevesnim zajedavcem (trakuljavosti) Po najnovejših raziskavah je mogoče z učinkovinami v peškah zaustaviti hitro povečanje prostate, poleg tega se okrepi delovanje mehurja in zmanjša tiščanje na vodo. S pravočasnim preventivnim uživanjem bučnih pešk, lahko bistveno zmanjšamo število operacij.



Pumpkins are considered one of the oldest green vegetables in the world, having been found in the diets of the ancient Egyptians, the Chinese and other ancient civilisations. People have been cultivating ever new varieties for a long time, but its health-giving and culinary diversities have only been fully uncovered in the last few decades. In little green seeds are hidden numerous nutritious substances, which are of vital importance for human body. They strengthen the body, supplying energy and also helping to maintain health in addition to its nutritive properties.

PUMPKIN SEEDS

Pumpkin seeds contain numerous vitamins, such as provitamin A, vitamins B, C and E, vitally important minerals such as calcium, iron, magnesium and certain microelements (selenium and zinc) and essential fatty acids. It can be used successfully for treating bladder disorders and is highly valued as a remedy for intestinal parasites (tapeworms). According to recent studies, the seeds can be used effectively against rapid enlargement of the prostate gland, also fortifying the operation of the bladder and decreasing pressure on it. With a timely preventative intake of pumpkin seeds, the number of operations necessary can be considerably reduced.

BUČNO OLJE

Bučno olje, ki mu pravimo tudi studenec mladosti, vsebuje vitamine, mikroelemente, karotenoide, redke aminokisliline in druge. Olje je bogato tudi z visoko vsebnostjo delta-7-sterolov, ki deluje proti povečanju prostate (1 g olja jih vsebuje 5 mg). Večkrat nenasičene maščobne kisline v sodelovanju z drugimi učinkovinami pozitivno vplivajo na presnavljanje holesterola. Visoka vsebnost vitaminov in mineralnih snovi pa pomaga pri odvajanju vode in koristi živcem, krepi mišičje in vezivno tkivo ter na splošno normalizira celično presnovo. Ščiti nas tudi pred prostimi radikali in preprečuje vse vrste poškodb, predčasno staranje, motnje v krvnem obtoku, arteriosklerotske spremembe, težave s prostato. Zelo učinkovito je tudi pri zdravljenju opeklin in ozeblin. Bučno olje lahko uživamo hladno, kot preventivno zdravilo, kot dodatek raznim jedem in solatam, lahko pa ga uporabljamo tudi za pripravljanje raznih toplih jedi, omak in slaščic.



PUMPKIN SEED OIL

Pumpkin seeds oil, also known as the fountain of youth, contains vitamins, trace elements, carotenoids, rare amino acids and a multitude of others important substances. The oil is also rich in delta-7-sterols, which impair the enlargement of the prostate gland (1g of oil contains 5mg). Its essential fatty acids are known for their positive affects on high cholesterol levels. The high vitamin and mineral content aids in water release and are beneficial to the nervous system, fortifying muscles and connective tissues and normalising cell material in general. It also protects against free radicals in the blood, preventing all sorts of injury, pre-aging, blood circulation disorders, antisclerosis and problems with the prostate gland. It is also very effective at treating burns and frostbites. Pumpkin seeds oil can be used cold as a preventative medicine or as an additive to various dishes and salads, but can also be used in the preparation of various hot dishes, sauces and desserts.

HLADNO STISKANO BUČNO OLJE — edinstveno na tržišču

Hladno stiskanemu olju pravimo tudi naravno — neobdelano olje, ker zaradi postopka obdelave, kjer temperatura ne presega 40°C, olje v sebi ohrani vse vitamine (A, A1, B6, C, D in E) in minerale (kalcij, magnezij, fosfor, kalij, železo, mangan, selen in cink).

Olje je lahko prebavljivo, ne draži želodčne sluznice, ne povzroča zgage, ampak jo celo blaži — zato je še posebej priporočljivo za tiste, ki imajo želodčne težave. Hladno stiskano olje znižuje plazemski holesterol, je prav tako zdravilno pri vseh vrstah opeklin in ozeblin, težavah s prostato, ter težavah s črevesnimi zajedalci.

Zelo je bogato z vitaminom E, ki ga organizem potrebuje za normalno delovanje živčnega sistema, vpliva na plodnost in koristi pri obnovi rdečih krvnih telesc.



COLD-PRESSED PUMPKIN SEED OIL — unique on the market

Cold-pressed pumpkin seed oil is a naturally prepared and untreated oil, utilizing the procedure where temperatures do not exceed 40°C, which allows the oil to maintain all its vitamins (A, A1, B6, C, D in E) and minerals (calcium, magnesium, phosphorous, potassium, iron, manganese, selenium and zinc). The oil is easily digestible — even calming in fact — without irritating the stomach lining or causing acid indigestion, therefore it is especially recommended for those with stomach disorders. Cold-pressed oil lowers the level of the lipoprotein cholesterol.

It is rich in vitamin E, which the body requires for the normal functioning of the nervous system, also aiding fertility and the renewal of red blood cells.

HLADNO STISKANO SONČNIČNO OLJE

Proizvaja se po podobnem postopku kot hladno stiskano bučno olje. Olje je zelo bogato z vitamini E, B, B₁, B₂, D in minerali — fosforjem, lecitinom, magnezijem. Ker hladno stiskano olje vsebuje veliko polinenasičenih maščobnih kislin, znižuje plazemski holesterol.

Kitajska medicina ga priporoča pri glavobolu, vrtoglavici, bolečinah v trebuhu in astmi. Vsako jutro je priporočljivo pogoltniti eno žličko olja, saj na tak način dobimo v organizem ogromno vitaminov. Še boljše zdravilne učinke pa dosežemo z oljno terapijo, pri kateri gre za ustno prebavo — v ustih 20 minut žvrkljamo olje, in v tem času se skozi ustno sluznico iz krvi izsesavajo strupi.

Tega olja ne smemo pogoltniti, saj je postalo strupeno. Uporabljamo pa ga lahko tudi za pripravo vseh vrst solat, marinad in ostalih vrst hladnih jedi, pri postopkih temperaturne priprave hrane (dušenje, pečenje) pa se doda v zadnji fazi kot začimba, oziroma kalorični dodatek.



COLD-PRESSED SUNFLOWER OIL

This is processed using a similar procedure to that used for the cold-pressed pumpkin seed oil and is very rich in the vitamins E, B, B₁, B₂ and D and the minerals phosphorous, lecites and magnesium. As cold-pressed oil contains a lot of polysaturated fats, it effectively lowers the lipoprotein cholesterol. Chinese medicine recommends it for headaches, dizziness, stomach-aches and asthma. A spoonful of oil every morning is recommended, giving the body a large amount of vitamins. Greater health effects are attained through oil therapy using oral digestion — gargle with the oil for 20 minutes in your mouth. This sucks toxins through the mucous membrane from the blood.

The gargled oil should not be swallowed as it is now toxic.

It can also be used to prepare all varieties of salads, marinades and other cold dishes. For the preparation of foods at higher temperatures (steaming, roasting), it can be added in the final phase as a seasoning or caloric supplement.

RECEPTI RECIPES

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STROČJI FIŽOL S SIROM

40 dag stročjega fižola
20 dag Edamec sira
6 dag čebule
5 listov glavnote solate
popper
sol
Preliv:
2 stroka česna
0,5 dl jabolčnega kisa
0,5 dl bučnega olja
1 žlička gorčice

Liste solate dobro operemo pod tekočo vodo in odcedimo. Oprane liste položimo na krožnik ali skledo, na liste damo v kupčku na rezance narezan sir, kuhan stročji fižol in na lističe narezano čebulo. Za preliv dobro premešamo sesekljan česen, sol, popper, gorčico, kis in olje. Solato prelijemo s prelivom in narahlo premešamo, tako da ostanejo solatni listi še vedno na dnu posode.

STRING BEANS AND CHEESE

40 dg string beans
20 dg Edam cheese
6 dg onions
5 lettuce leaves
pepper
salt
Dressing:
2 cloves of garlic
0.5 dl wine vinegar
0.5 dl pumpkin seed oil
1 teaspoon mustard

Wash the salad leaves under running water and strain.

Place the leaves on a plate or bowl. Add the grated cheese, cooked string beans and thinly sliced onions. For the dressing, mix the chopped onions, salt, pepper, mustard, vinegar and oil together. Pour the dressing on the salad and mix lightly so the salad leaves remain at the bottom of the container.



SKUTA Z BUČNIM OLJEM

Skuto zmešamo s kisló smetano, dodamo čebulo narezano na koščke, sol in bučno olje po okusu.

COTTAGE CHEESE WITH PUMPKIN SEED OIL

Mix cottage cheese with sour cream, add chopped onion, salt and pumpkin seed oil.

KROMPIRJEVA SOLATA

1 kg krompirja
3 čebule

Preliv:

1 dl bučnega olja
1 dl vinskega kisa
popper
sol
šopek peteršilja

Opran krompir damo kuhati v hladno slano vodo. Kuhanega olupimo in zrežemo na tanke kolobarje, čebulo pa na tanke lističe. V skledo damo krompir in čebulo, solimo, popramo in prelijemo z oljem, nazadnje še s kisom, razredčenim z vodo; premešamo in ponudimo. Povrh potresemo nasekljan peteršilj.

POTATO SALAD

1 kg potatoes
3 onions

Dressing:

1 dl pumpkin seed oil
1 dl wine vinegar
pepper
salt
a sprig of parsley

Wash the potatoes and boil in cold salted water. Peel them when cooked and cut into thin slices. Thinly slice the onions. Place the potatoes, onions and oil into a bowl, adding the salt, pepper, oil and vinegar diluted with water. Mix and sprinkle the chopped parsley on top. Serve.



KUHANA GOVEDINA Z BUČNIM OLJEM

Kuhano govedino narežemo na koščke, dodamo čebulo, lahko tudi fižol, trdo kuhano jajce, ter domači kis, sol in bučno olje.

BOILED BEEF WITH PUMPKIN SEED OIL

Cut the boiled beef into small pieces, add onion, hard-boiled egg, vinegar, salt and pumpkin seed oil.

MOUSSE BUČNEGA OLJA

400 g bele čokolade
90 g sladkorja
30 g masla
8 jajc
8 žlic kave
1 dcl toplega mleka
0,5 l sladke smetane
8 listov želatine
strok vanilije - nastrgan z noževo konico
bučno olje

Jajca, sladkor, rum, vanilij, penasto umešamo, dodamo toplo mleko in kuhamo (mešamo z metlico) nad soparo v vodni kopeli, dokler se krema ne zgosti. Ko je gosta in topla ji dodamo predhodno v hladno vodo namočene in ožete liste želatine, ter maso ohladimo. Ohlajeni masi dodamo ohlajeno belo čokolado, ki smo ji dodali maslo in kavo, ter bučno olje. Bučnega olja dodamo glede na intenzivnost barve in okusa, ki ga zelimo doseči. Dodamo še stepeno sladko smetano, ter napolnimo v modele.



PUMPKIN SEED OIL MOUSSE

400 g white chocolate
90 g sugar
30 g butter
8 eggs
8 tbsp coffee
10 ml warm milk
50 ml sweet cream
8 gelatin leaflets
One slice vanilla - grated with knife point
Pumpkin seed oil

Start with foamy mixing eggs, sugar, rum and vanilla. Add warm milk and cook (stir it with a whisk) under the steam in a water bath until the cream thickens. When it becomes thick and warm you can add gelatin leaflets that were previously soaked into cold water and squeezed out. The mixture has to cool down. To a cooled down mixture we add cooled down white chocolate to which we previously added butter, coffee and pumpkin-seed oil. The amount of pumpkin-seed oil is used according to our taste and the color we want to achieve. At the end we add whipped sweet cream and fill up the moulds.

GOVEJI FILE S PESTOM PINJOL IN HLADNO STISKANIM SONČNIČNIM OLJEM

Pesto: Pinjole rahlo popražimo in jih nato zdrobimo ali sesekljamo.

Prelijemo s hladno stiskanim sončničnim oljem. Sesekljamo in dodamo še peteršilj, sol, poper. V zmes drobno naribamo še lupino limone. Goveje fileje popečemo, najbolje tako, da so na sredini še rožnati. Na vrh vsakega fileja damo žlico pesta, okrasimo in ponudimo.

BEEF FILLET WITH PINE NUTS/PIGNOLIAS PESTO AND COLD-PRESSED SUNFLOWER OIL

Pesto: We parch the pignolias slightly and then we crumble or chop them up. Everything is topped with cold-pressed sunflower oil. We chop up and add parsley, salt and pepper. Lemon peel is grated into mixture. Beef fillets have to be roasted so that the middle stays rosy. We cover the top of fillet with spoon of pesto; add decoration and the dish is prepared to be served.



KREMNA PENA IZ HOBOTNICE S HLADNO STISKANIM BUČNIM OLJEM

Krompir in hobotnico skuhamo ter oboje prepasiramo in zmiksamo do gladke, gosto tekoče mase. Da razredčimo maso, lahko dodajamo zelenjavno-jušno osnovo. Začinimo po želji s soljo, poprom ter dodamo še malo masla.

Sifon za smetano napolnimo z maso in dodamo (bombice - CO_2). Sifon damo v toplo vodno kopel, da dosežemo željeno temperaturo. Nato stisnemo v cocktail kozarec penasto kremo, ter prelijemo z nekaj kapljicami hladno stiskanega bučnega olja. Po želji dodamo še kakšen košček kuhane hobotnice.

Predlog: Hitrejša varianta je tudi to, da pripravite iz krompirja in hobotnice hobotnično solato s hladno stiskanim bučnim oljem.

OCTOPUS CREAMY FOAM WITH COLD-PRESSED PUMPKIN SEED OIL

Firstly we cook potatoes and octopus, than we mix everything until it becomes a thick, liquid-like

mixture. To water the mixture we add vegetable-soup base. Than we add salt, pepper and a little bit of butter.

Siphon for cream is filled up with mixture to which we add bombshells – CO_2 . Siphon is sunk into warm water to achieve wanted temperature. We pour the foamy cream into a cocktail glass and add just a few drops of called-pressed pumpkin seed oil. For decoration you can also add a small piece of cocked octopus.

Suggestion: A speedier variant is to prepare octopus salad with cold-pressed pumpkin seed oil out of potatoes an octopus.



NJOKI Z BUČNIM OLJEM

1 kg krompirja
400 g moke (pol bele gladke in pol bele ostre)
60 g masla
2 jajci
sol
bučno olje

Krompir skuhamo in prepasiramo skozi fino cedilo. Počakamo da se ohladi. Naštete sestavine zmešamo v voljno testo za njoke. Nato dodamo poljubno količino bučnega olja, glede na željeni okus in barvo. Iz testa z rokami naredimo dolg svaljek, ter ga s paleto narežemo na njoke željene velikosti. Skuhamo v vroči vodi.

GNOCCHI WITH PUMPKIN SEED OIL

1kg potatoes
400 g flour (half of smooth and half of hard flour)
60 g butter
2 eggs
Salt
Pumpkin seed oil

We cook the potatoes, press them through the fine strainer and wait for them to cool down. We add all the above ingredients and make soft dough.

Than we add, according to our taste and green color, pumpkin seed oil. From the dough we make a long roll, which we than cut to a wanted size.

The rolls are cooked in hot water.

KOCBEK

Since 1929

HLADNO STISKANO
BUČNO OLJE



STRAST - ROČNO IZDELANA TEMNA ČOKOLADA Z BUČNIMI SEMENI IN BUČNIM OLJEM

Strast je v Sloveniji ročno izdelana čokolada. Namenjena je za užitke sladokuscem in ljubiteljem dobrih okusov. Je mojstrovina dovršene izbire sestavin ob katerih se vam razblinijo kakršnikoli predsodki o mešanju okusov bučnega olja in čokolade. Šele po prvem koščku čokolade boste lažje razumeli, zakaj je Strast njeno ime.

Pri uživanju temne čokolade z bučnimi semeni in bučnim oljem priporočamo, da jo uživajte ogreto na sobno temperaturo. Pri tej temperaturi Vas očara žlahten vonj, že ko odlomite košček.

Za užitke in popolno doživetje čokolade ne grizete, temveč pustite, da se Vam v ustih topi. Šele ko se Vam stopi do polovice, je priporočljivo, da zagrizete v rahlo praženo in slano hrustljivo bučno semenko. Takrat se Vam bodo najlepše zlili okusi, ki jih ponuja čokolada Strast. Na voljo tudi v darilnem pakiranju – lični leseni škatlici.

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STRAST (PASSION) - HAND-MADE DARK CHOCOLATE WITH PUMPKIN SEEDS AND PUMPKIN SEED OIL

Strast (Passion) is a hand-made chocolate produced in Slovenia. It is intended for gourmets and those lovers of good flavors. It is a masterpiece of accomplished choice of ingredients, along which judgments of any kind of flavor blending, concerning pumpkin seed oil and chocolate, disappear. Only after you try your first piece, you will more easily comprehend, why it is called Passion.

We recommend that you keep your dark chocolate with pumpkin seeds and pumpkin seed oil at room temperature, before starting to enjoy in it. Shortly after that you will certainly be fascinated with generous fragrance. For pleasure purposes and the complete experience, don't bite into a chocolate, but let it melt in your mouth. When the chocolate is half melted, you bite into its softly-roasted and salty-crunched pumpkin seed. Only then will all the flavors combine and you will discover Strast (Passion) chocolate.

The chocolate is also available in gift packing - elegant wooden box.

Do try Passion!

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