

RECEPT #4: PO FAKINSKO

Leteči žganci

Ime jedi je zanimivo in zabavno, izvira pa iz šaljive domislice, s katero so "fakini" – pristaniški delavci na bregovih Ljubljane – po končanem delu zbadali kmete, ki so se odpravljali delat na polja na robu mesta. Jed je pod manj poetičnim imenom – ocvrte piščančje perutničke in kračke – ostala priljubljena do današnjih dni. Če ji želite dodati malo zgodovinskega pridiha, jo pripravite s črno moko in drobtinami ter ocvrite v svinjski masti.

Sestavine:

- piščančje perutničke (in/ali kračke)
- moka
- jajca
- drobtine
- maščoba za cvrenje
- sol
- poper

Postopek:

Perutničke pri sklepu prerežemo na pol. Nato jih s papirnatimi brisačkami dobro osušimo ter narahlo posolimo in popoprano. Pripravimo si tri globoke krožnike za paniranje: v prvega stresemo moko, v katero vmešamo še malo soli in popra, v drugem dobro stepemo dve ali tri jajca, v tretjega pa natresemo drobtine. Perutničke spaniramo: najprej jih povaljamo v moki, nato v jajcih in na koncu v drobtinah.

V kozico damo dovolj maščobe, da bodo perutničke v njej plavale. Maščobo segrejemo, vendar ne preveč – prava temperatura za cvrtje perutničk je okrog 140°C.

Perutničke previdno položimo v maščobo, med cvrenjem jih tu in tam obrnemo. Ko se obarvajo s temno zlatorjavo barvo, jih s penovko poberemo iz maščobe, nato pa jih odložimo na več plasti papirnatih kuhinjskih brisačk, ki bodo vpile odvečno maščobo.

Če bomo perutničke cvrli v več serijah, tiste že ocvrte denemo na rešetko v na 80°C segreto pečico, da ostanejo tople in hrustljave.

RECIPE #4: A LONGSHOREMAN'S TREAT

Flying "žganci"

The dish's name is interesting and fun. It derives from a humorous idea with which "fakini" – longshoremen working on the banks of the River Ljubljanica – would tease farmers after their shift ended, while the latter were on their way to the fields on the city's edge. The dish remained, under a less poetic name of fried chicken wings and legs, popular until today. If you wish to add some historic flavour, prepare the dish with rye flour and crumbs, and fry it in pork grease.

Ingredients:

- chicken wings (and/or legs)
- flour
- eggs
- breadcrumbs
- frying fat
- salt
- pepper

Cooking procedure:

Cut the wings in half at the joint. Afterward, use paper towels to pat them dry thoroughly and season lightly with salt and pepper. Prepare three deep plates for breading: pour flour, seasoned with a pinch of salt and pepper, into the first, whip two or three eggs in the second one, while breadcrumbs go into the third plate.

Bread the wings: first roll them in flour, then run them through the eggs, and at the end dip them into the breadcrumbs.

The saucepan needs to have enough fat for the wings to swim in it. Heat up the fat, but not excessively – the right temperature for frying wings is around 140°C.

Carefully place the chicken wings into the fat, turning them several times while they are frying. As they turn golden-brown, use a skimmer to carefully remove the wings from the fat, and place them on several layers of paper towels to soak up excess fat.

For several batches of wings, it is best to keep the fried ones on a grill in an 80°C heated oven, to keep them warm and crispy.