



Erasmus+



FOOD – leader: Patricija (SLO)

GROUP: 8 members

Denisa Tamas (ROM), Alexandra Barcan (ROM), Emese Szilagyi (HUN), Patricija Primožič (SLO), Samuel Proni (ALB), Lukas Novak (AUT), Kilian Trommer (AUT), Vialon Xhexaj (KS)

Typical food of participants of the exchange

Breakfast

- Austria: eggs, bacon, brown bread, jam
- Slovenia: bread, butter, honey, apple
- Hungary: sandwich, sausage
- Kosovo: toast
- Albania: eggs, milk cheese, bread

Lunch

- see Typical food

Dinner

- Austria: smoked meat, bread, vegetables
- Slovenia: pasta, pancakes
- Hungary: pasta
- Kosovo: beans, fli
- Albania: burek, omelets

Regeneration food (sports)

Before competition:

- cereals
- granola bars
- fruits
- chocolate
- fruit & energy drink

After competition:

- sandwich
- rice, pasta
- first FRUIT, lunch after 1 hour
- first chocolate, then lunch

Typical country food

Austria:

- Wienerschnitzel
- Leberknödel
- Soup
- Germknödel

Slovenia:

- Kranjska sausage, cabbage
- Idrija potato dumplings (Idrijski žlikrofi)
- Prekmurska gibanica (cake)

Hungary:

- goulash
- fish soup
- stuffed cabbage

Albania:

- burek (kind of a cheese pie)
- pilaf (special rice)
- fish

Kosovo:

- flija
- pite

Montenegro:

- pršut (dried ham)
- priganiec
- Kačamak