

# European food habits



With the support of the  
Erasmus+ Programme  
of the European Union



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# Introduction

This ebook was created in April 2021, in the third year of the Erasmus + project "Join the European table", in cooperation with the six partner schools from Tarragona (Spain), Lahr (Germany), Siedlce (Poland), Debrecen (Hungary), Hennebont (France) and Trikala (Greece).

The project deals with the flow of refugees to Europe in recent years and the integration of refugees in the countries involved in the project.

The book can help refugees to get to know and understand European customs better.

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# *I. German food habits & traditions*





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## I. Eating habits

In Germany, we usually eat three main meals throughout the day, which are supplemented in the morning and afternoon by snacks such as fruits. We start the day with breakfast, for which we take a lot of time. The classic German breakfast consists of various types of bread and rolls, jam and coffee, tea or cocoa.

If you prefer to start the day with a hearty breakfast, you can choose between different types of cheese and sausages. A hearty breakfast also includes boiled eggs, yogurt, cottage cheese, fruit and cereals or cornflakes and a glass of juice. On weekends, many people like to invite friends to enjoy a late breakfast together and to talk extensively.



Lunch is usually eaten between 12 o'clock and 2 pm. It usually consists of a hot meal with fish or meat, vegetables and a side dish of potatoes, pasta or rice or soup.

Those who don't have the opportunity or desire to cook for themselves or eat in a school or company cafeteria, like to buy a snack at a fast food chain or at a fast food restaurant around the corner.

There, they get sausages in all forms, French fries, meatballs or potato salad. The fast food offer is also complemented by doner kebabs, pizza, wraps or Asian food. Since many people work all day long, it is common for families to prepare a hot meal only in the evening. As a result, the habit of a "hot" lunch has changed a little over time.



Dinner is served from 6 pm. At the latest at 8 pm everyone has eaten. As the name suggests, it is a rather smaller cold meal, where different types of bread, cheese and cold cuts as well as salad are eaten. In general, bread is an important part of German cuisine. In Germany, a total of more than 200 types of bread are baked. In addition to whole grain bread there are also rye mixed bread or white bread to be had.



During the week, while the majority of the population is working, there is nothing more until dinner. On the weekend, on the other hand, people like to invite family or friends to the so-called "coffee and cake". Generally, different types of cakes are baked depending on the season. In summer, for example, you get freshly baked plum cake or strawberry cake. In winter, Christmas stollen and fruit bread are served, both contain dried fruits. Some cakes are also known abroad, such as apple cake or Black Forest gateau, which is famous for our region.



Children at school or professionals at work often have a "Vesper" as a second breakfast. This consists of bread topped with cheese, sausage or other toppings suitable for eating out of hand. "Vesper" often includes fruit, vegetables, yogurt or a boiled egg.



## 2. Traditional food

The traditional German food, like any other cuisine, has a great variety. Yet, German cuisine is known for bread, potatoes, and meat, particularly pork. Surprisingly, cake, coffee, beer and spritzers, known as "Schorle", are very popular in Germany. Nowadays, the German tradition is carried by native Germans, especially elderly, but some traditional recipes are kept by youngsters too.

### staple food:

We have more than 300 different types of bread that are eaten at any time of the day, especially for breakfast. The most famous bread is called Pumpernickel, which you will only find in Germany in its original form. Pumpernickel is a dark brown, small sliced bread with a caviar or salmon topping. Many traditional German dishes contain a variety of potatoes. Potatoes are traditionally served boiled as "Salzkartoffeln", mashed as "Kartoffelpüree" or even roasted as "Bratkartoffeln".



### meat & butcher's:

Germany has a good reputation, when it comes to meat. Pork, beef and poultry are the most famous meat varieties, which come in typical German dishes like "Sauerbraten" or "Schnitzel". Therefore, Germany's butchers have their own place on the market as you will find at least one butcher in each town or village in Germany. The Germans prefer to have fresh meat from their local butcher instead of from the supermarket.



[click for more info: ...](#)

### condiments & sauces:



In our traditional cuisine we use condiments such as parsley, salt, marjoram and thyme, while German dishes are rarely hot and spicy. German cuisine is also known for its sauces made from horseradish, hollandaise and mustard. The variety of sauces used depends on regions and recipes. However, our typical meat dishes contain spicy and thick sauces such as red wine sauce or even fresh cream sauce, called "Rahmsoße".

### beverages:



The drinks that we Germans consume should not be ignored either, because they also shape German eating habits. Sparkling mineral water is drunk everywhere - significantly more than tap water. People also often mix juice with mineral water, which is called "Schorle". In the evening or at parties, we also like to drink a glass of beer, wine or sparkling wine. Beer is very popular in Germany, as there are more than 7 000 different types of beer throughout the country with an annual consumption of around 100 liters per inhabitant. Anyone over the age of sixteen is allowed to drink beer in Germany. If beer is mixed with lemonade, it is called "Radler" in southern Germany and "Alsterwasser" in the North of Germany. The light-golden beer called pilsner, also known as "Pils", is known to beer lovers around the world.

must try German dishes (recipes in description box):

<https://youtu.be/VYnbQIKaRWs>

watch children try German food:

<https://youtu.be/9C7OC6JvYHQ>

## regional specialities

As in all cuisines, Germany's regional recipes tend to reflect the influences of locally grown foods, terrain and climate — and the cuisines of its neighbors! Nevertheless, there are of course regional differences. In the north, a lot of fish is eaten, because they are right at the source. Whereas in the south more meat and game is eaten. In general, it can be said that we Germans consume a lot of meat and there are hardly any traditional dishes that are vegetarian.

Here we collected some traditional german dishes in different regions:



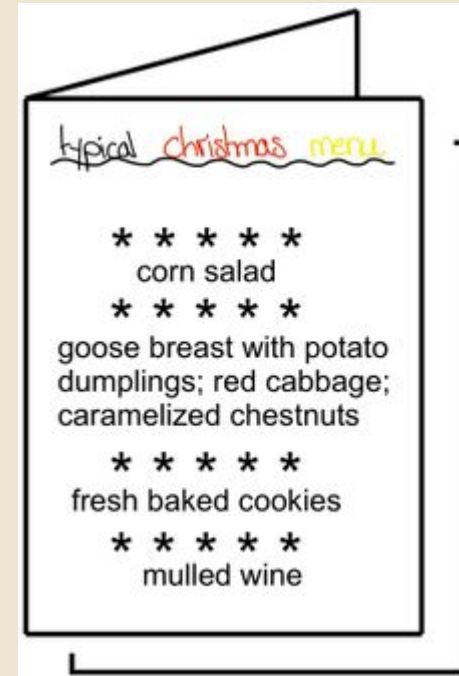
Here's a video if you want to try Sauerbraten:  
[https://www.youtube.com/watch?v=7W\\_guDDuoGk](https://www.youtube.com/watch?v=7W_guDDuoGk)

## Typical food for certain feasts

Typical festivities, on which special dishes are served to family members and friends, are mostly Christian tradition feasts like Christmas or Easter.

### German Christmas

The magical time before christmas is often used to bake home- made christmas cookies in many different styles such as "Lebkuchen" or "Christstollen".



### German Easter

On Easter Sunday, German families traditionally come together for a big Easter breakfast. A variety of buns, spreads, cold cuts, cheese and the traditional painted boiled eggs are served. Another important part are pastries like the "Osterkranz" or the "Osterlamm".





### 3. Development and trends

#### The development of German food

Before **1900**, it was mainly fatty food that was on the table, although industrialisation in the 19th century actually ensured that hard physical work was a thing of the past...

Around 1900 (more precisely: 1902), doctors celebrated successes with their easily digestible reformulations: Bircher in particular became successful - their mueslis are still known in German-speaking countries today.

During the war decades and up to the **1950s**, the main thing was to get enough to eat. Often with cabbage soup, the diet is rather one-sided.

From the **1960s** onwards, the first trends emerged: carbohydrates and proteins were separated. There is also a focus on macrobiotics and salt. In the 60s, food even becomes a political statement: meat and mass production are frowned upon. > Ecological thinking comes into fashion.

The **70s** almost seem like a countermovement: The fast food wave swept from the USA to Germany.



The beginning of the body cult in the **80s** not only triggers a fitness wave, food now also tends to stand for slimming> Fat becomes the enemy.

At **2000** everything has to be healthy! Omega 3 fatty acids are found in food. Instead of fat, carbohydrates are now given up> Low Carb Diet

As of **2010**, many currents are running in parallel: organic followers only eat meat from happy animals, vegetarians and vegans do without meat altogether, and the wave of lactose-free milk follows. In the meantime, there is nothing that does not exist today: Food is lifestyle

## Impact of globalisation on German food culture



The international cuisine has conquered the restaurants in Germany and it has also changed the eating habits of Germans. The influence from abroad came on the one hand by guest workers or migrants who worked in the gastronomy. On the other hand, the first major waves of German travel in the 1960s and the increasing tourism led to the popularity of foreign dishes.

### Italian cuisine

In the 1950s and 1960s, many Italians came as guest workers to Germany and they found it hard to get along with the German food because they were used to different things. Therefore, after some time, the Italian specialities were also available in the major German cities. What was supposed to be the self-sufficiency of the guest workers became the culinary integration movement. The Germans discovered specialities such as spaghetti, olive oil and mozzarella and they opened pizzerias and ice cream parlors.



### Oriental cuisine

This includes, for example, the Arabic, North African, Indian, Lebanese, Persian, Afghan, Kurdish and Turkish cuisine. This cuisine became very popular because of the many Muslims, who are living in Germany but also due to the foreign travels of the Germans. The oriental cuisine is very suitable for vegetarians, too. This cuisine is characterized by many different spices, legumes such as chickpeas and lentils and grain products such as couscous and bulgur.



[How to make a turkish couscous salad:](https://www.youtube.com/watch?v=GZQGy9oscVk)

<https://www.youtube.com/watch?v=GZQGy9oscVk>

### Asian cuisine

In the 1990s, many Chinese immigrants came to Germany. Since they had fewer job opportunities in the foreign country, some of them opened Chinese restaurants. Well-known specialities from this cuisine are sushi, noodle soups and coconut curry.



## Today's trends

### Vegetarianism and veganism



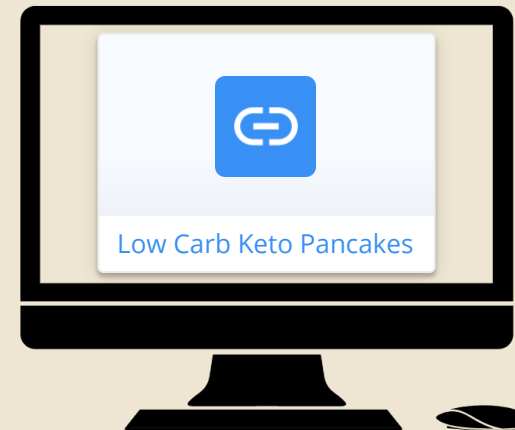
The number of vegetarian and vegan people in Germany is increasing. At the moment there are 8 million Germans who don't eat meat. That's about 10% of the population. While 5.3 million people classified themselves as vegetarians in 2016, this figure had risen to 6.5 million by 2020. There were about 800 000 vegans in 2016 and by 2020 there were already 1.1 million. There are several reasons to choose a vegetarian or vegan diet: In times of climate change, some people want to eat sustainably to protect the environment. For some, the protection of animals is also very important. A vegetarian or vegan diet can be very good for one's own health, too.

### Low carb, low sugar, high protein,...



Nowadays eating also plays an important role on social media because many influencers present their lifestyle with a healthy diet and a lot of sports. In addition, the issue of diet and fitness, such as going to the gym, is very important for many people. That's the reason why trends such as low carb, low sugar and high protein have become increasingly popular in recent years. They can help you to become fit and healthy in order to reach your personal goal.

[Here's a recipe for low carb pancakes:](#)



## German Food Blogs

Cooking is fun! Cooking is culture, sociability, creativity and the joy of life. And cooking is much more than a daily duty - cooking is pure enjoyment! This is the motto of many German food influencers.

Cooking is no longer an expression of a small elite. Cooking is great fun at every level. Cooking is for everyone. The many, many great food blogs made a major contribution to this. From people who like to share what ideas they have about kitchen and food and how they then implement their great ideas. That's great. And creates impulses. The fuse is burning ...

Do something great in the kitchen and write about it!



by @biancazapatka on instagram

## Fun fact: the German fastfood "Doner"

- Some think that the kebab is a purely Turkish invention. But it has its origins in the German capital Berlin.
- The guest worker Kadir Nurman sold the kebab in a snack bar at Berlin Zoo station - initially only other guest workers came (around 1972)
- In the course of time, word got around among Germans and the kebab became a hit.
- There are now around 16,000 kebab shops in Germany - 1,000 of them in the capital Berlin alone.
- Nurman also developed the characteristic rotisserie on which the kebab is grilled - but he did not patent the invention.
- Therefore, kebab was quickly picked up and copied by other Turkish immigrants.

[click here to go back to the start](#)





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Are you  
Hung(a)ry?

*a quick guide to Hungarian cuisine*

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# Rituals and habits around food in Hungary.

Many Hungarian dishes and eating habits are strongly attached to some of our most popular national and religious holidays. Many of these delicious meals originate from certain legends or symbolise something that has a great significance on that given holiday.



*Traditional dishes on New Year's Eve*



20th of August: the celebration of new bread. At this time of year, the majority of crops get harvested. This provides the people with fresh flour, and therefore with fresh bread. The newly baked bread traditionally gets tied around with a tricolour bow and then ceremoniously cut into pieces.



The well-known Hungarian chicken soup is consumed in many various situations. However, it is a necessity when it comes to weddings, due to the legend it is connected to. This dish has a thin layer of fat floating on its surface. The fat forms bubbles of oil, which resemble golden coins. This is traditionally believed to represent good luck and wealth in the future of the couple.

Another well known habit in connection to weddings is the importance of timing. Stuffed cabbage, a largely iconic Hungarian meal, is normally served at midnight. Midnight represents the turning point and a start of the couple's new life, while stuffed cabbage is normally associated with prosperity and wealth. Such presence of symbolism is definitely not unheard of in Hungarian folk culture.



# *A regular Sunday menu*

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Appetizer:  
Steak tartare

Soup:  
Pea soup

Main dish:  
Hortobagyer Stuffed Crepes

Dessert:  
Somloi Trifle

# Steak tartare

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This dish is made from minced beef and seasoned with onions, pepper and paprika. One of the largest benefits of eating steak tartare as an appetiser is that it's light, therefore you won't feel full before the real feast. It's largely versatile as well; it's common to eat it on a toast or with an egg yolk on top.

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# Pea soup

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This vegetable soup is one of the most popular ones on Hungarian dining tables. It suits almost every main dish, its easy to prepare and everyone loves it! It consists of various veggies, such as carrots, cauliflower, parsley, potatoes and, of course, peas! This mixture is spiced up with some traditional Hungarian noodles, the so-called *nokedli*.



# Hortobagyer Stuffed Crepes

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The Hungarian meat crepes, or also called Hortobagyer meat stuffed crepes are a national speciality made of salty minced meat. Although often incorrectly referred to as an appetizer, this filling dish can be eaten as a standalone meal.

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A song about this exact dish, for your listening pleasure:  
[Click Here!](#)

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# Somloi Trifle

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Somloi Trifle, often times called "the Hungarians' favourite dessert", was invented by the head waiter of the renowned Budapest Restaurant "Gundel". The global public first got a chance to try it in 1958, at the World's Fair in Brussels. The base of this confection is a sponge cake, which is sunk into loads of chocolate sauce and topped with whipped cream. Throughout the years, a huge variety of modifications have been made to the original recipe, creating a perfect treat for every taste.



# Global influences

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Special Hungarian offers of international fast food chains started to appear already many years ago as seasonal selections. The so-called "Hungarian Weeks" at market leader McDonalds is one of those occasions. Hungarianized burgers include ingredients like fried goose liver or pickled lettuce, which are popular components in signature Hungarian dishes.

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# Veganism in Hungary

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In Hungary, vegetarians and vegans are considered fairly new, but their number is still growing. The number of followers is relatively low, although raising awareness has been on the rise in the last two years. The Hungarian Vegetarian Foundation (Magyar Vegán Egyesület) was established a year ago with the aim of protecting animals and advancing the vegetarian agenda. On the other hand, being a vegan is kind of a trend on our globe right now, therefore the number of omnivore Hungarians has been rising. There are a couple of initiatives for example Vegan January. Its aim is to show people how easy it is to leave meat out of their diet. It also raises attention to huge problems such as CO2 pollution, which is one of the main factors of climate change.

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# Hungarian vegan and vegetarian food

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Although the traditional Hungarian cuisine is mainly based on meat (chicken, goose, duck or pork), you can order some side dishes at the local restaurants such as fries, rice or salad. In summer, fruit and vegetable markets are a regular choice, and sometimes in indoor winter markets as well. Sadly there are many traditional Hungarian restaurants who are not ready to greet omnivore guests.

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# Influences by the European food culture

## Swabian cuisine

German Hungarians are the German-speaking minority of Hungary, they are called the Swabians (Svabish). Their food culture has been an enormous impact on the Hungarian kitchen table, from **'Strudli'**, **'Nudli'** and 'Nudli with potatoes to **'Unkréc'**, **'Smóring'** and **'Graut Blecli'**.

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## Transylvanian cuisine

The Székelys, sometimes also referred to as Szeklers are a subgroup of the Hungarian people living in Transylvania, mostly in the Székely Land in Romania. A significant population descending from the Székelys lives in Tolna and Baranya counties in Hungary. An immense group of Székelys migrated to Hungary in 1989, at the end of the dictatorship of the Romanian statesman Nicolae Ceaușescu. Transylvanian food culture has had a great and important impact on the Hungarian cuisine, we've adopted a lot of their classic dishes such as:

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***Kürtőskalács*** is a spit cake specific to Hungarians from Transylvania, more specifically the Székelys. It became popular in both Hungary and Romania. Kürtőskalács is made of a sweet, relatively hard and dry yeast-dough. A "twine" of dough is wrapped around the length of the spit, and then the spit with the strip of dough on it is rolled in sugar. Before or during baking, it's brushed with melted butter. The cake is ready when its surface has an golden-brown color. The sugar stuck on the kürtőskalács caramelises and forms a shiny, crispy crust. The surface of the cake can then be topped with additional ingredients such as ground walnut or powdered cinnamon.

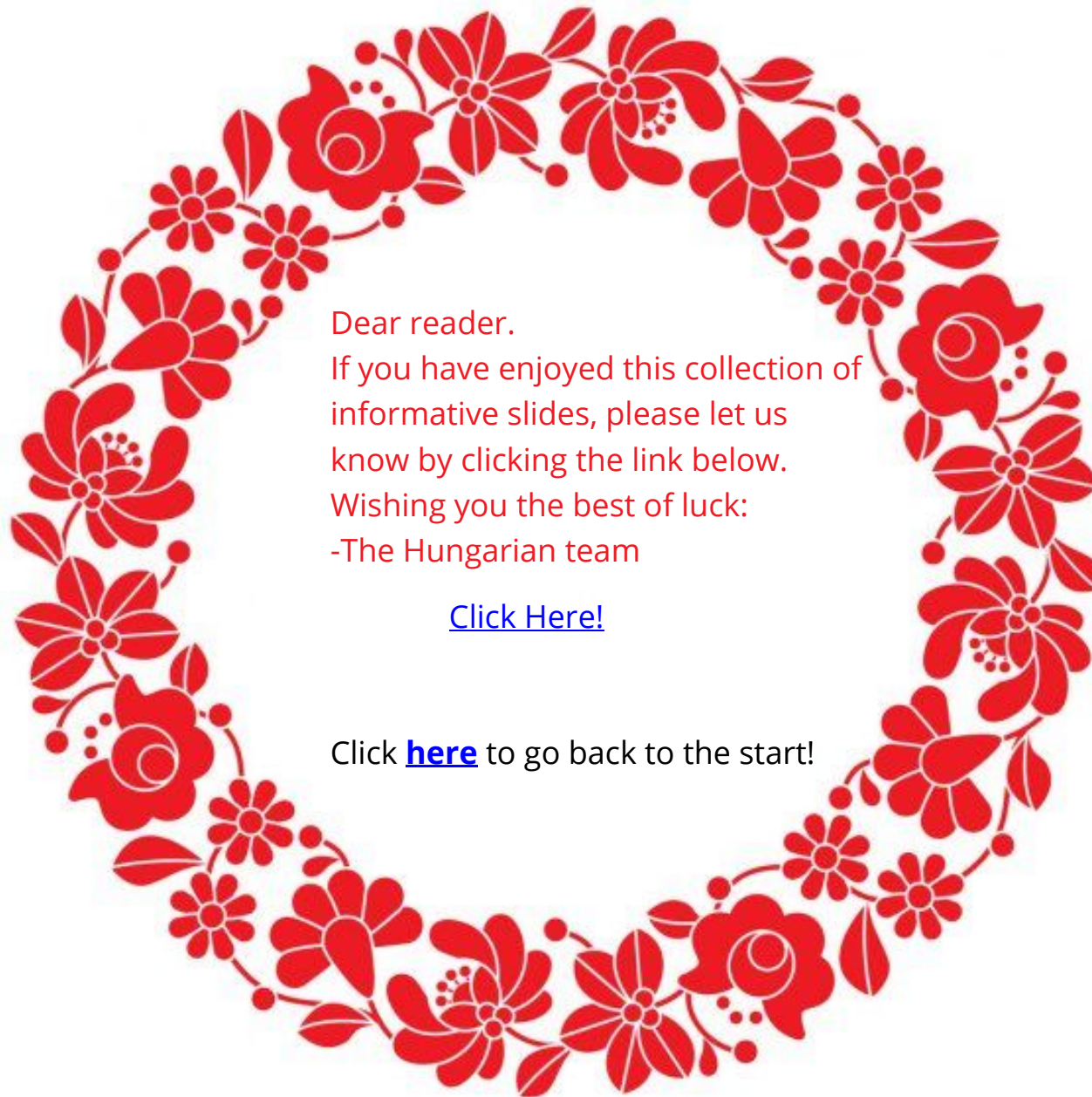




Zacuscă is a vegetable spread typically eaten on bread or toasts, popular in Romania and Moldova. The main ingredients are roasted eggplant, sauteed onions, tomato paste, and roasted "Round of Hungary" or "Paprika Pepper". Traditionally, a family will cook a large quantity of it after the fall harvest and preserve it through canning.



Puliszka is a porridge made from corn flour. It can be found in traditional Hungarian, Romanian, Transylvanian Saxon, Slovenian, Bulgarian and Ukrainian meals; formerly the main food of the poor in Transylvania. It was the main course at breakfast and dinner, and it was eaten as a side dish at lunch. The method of preparation is very simple: cornmeal is cooked in salted water or milk; it can be layered with sheep's cottage cheese and sour cream.



Dear reader.

If you have enjoyed this collection of informative slides, please let us know by clicking the link below.

Wishing you the best of luck:

-The Hungarian team

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Go on reading!

On the next page, you  
will find:

**III. Polish food habits!**

# Polish food habits and traditions





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# I. POLISH HABITS AND TRADITIONS

In general, in Polish cuisine, there is a lot of hard-to-digest, meat dishes that fill the stomach for hours. This is why we mostly eat three meals a day. The last meal, supper, might be something different for every person.

Some of us like to eat something lite just to fill up but on the other hand, there are many fans of eating strong, fulfilling dishes even right before bedtime.

Of course, we eat things other than meat and noodles. We have many simple salads that are very common on our tables. For example, we have many different ways to do Vegetable Salad, often found on the easter table. It's made mainly from carrots, parsley, apple, and mayonnaise. We can also mention the Napa Cabbage salad which includes pickles, red bell pepper and corn.

At Christmas, the grand rule is no meat at all. Only fish and vegetables. Traditionally there are EXACTLY twelve dishes during Christmas dinner and the children often can't open their presents before they tried all of them.

## 2. TRADITIONAL POLISH DISHES EATEN REGULARLY

**Polish Potato Pancakes:** they can be thought of as the polish version of fritters. Served with sugar or cream on top.



**Mushroom Croquets:** a kind of pancake roll coated with breadcrumbs with mushroom stuffing. Notably we drink borsch alongside it.





Pound cake is famous all over the world and many countries, including ours, have their own version of it. We call it the "sand cake", maybe because of the crumbs it can break into.



Our dumplings (pierogi) are special in our tradition. The variations include stuffing them with cottage cheese, meat, potatoes or fruit! We just love dumplings!



### 3. INTERESTING FACTS ABOUT POLISH CUISINE

1. We have such weird soups! The names of our soups couldn't be weirder. For example one of the best soup is, in direct translation, guts. Even though, there are delicious. Many years ago we even sent a message through a kind of soup that we served. For example when the guest was not welcome the host offered him a "black soup" which was made of blood, and meat of chicken.





2. Carp is a special fish for our country. In almost every home it's a king of Christmas table and we eat it in almost every form. For example fried, baked, steamed, jelly (yes jelly!). It's like turkey on Thanksgiving in the USA.



3. Pasta with cottage cheese and sugar is the taste of childhood for almost every Pole.







5. Breakfast is a really important meal of the day. We like to eat hearty, filling breakfasts. Eggs in various forms, with sandwiches and of course hot tea!

6. A curious thing is that grandmothers never believe us when we say that "we're not hungry". If you're around your grandma you're going to be fed, no matter what.





# "To żurek, or not to żurek, that is the question"

What exactly is żurek ?

**Żurek** is a sour soup made from fermented rye flour with sausages, potatoes, eggs, and spices. It is popular across Poland in a variety of regional tweaks. **Żurek** is also eaten in Belarus, Slovakia and the Czech Republic



Now I will pass on to you the ancient knowledge of making this godlike dish!





## Ingredients

### *Sour Base:*

- 200 g rye flour
- 3 cups (approx. 800 mL) lukewarm water (previously boiled)
- 2-4 garlic cloves
- 1-3 bay leaves
- 3-6 whole dried allspice berries
- 1-2 small pieces of wholewheat bread with crust (can also just use the ends, i.e. crust, of the bread)

## Sour Soup

- 2-4 links of white Polish sausage, uncooked
- 1.5 liters of water
- 1 tablespoon of oil
- 2 large onions, diced
- 3 garlic cloves, minced
- 200 g bacon
- 0.5 liter of the sour base
- 1-2 teaspoons of marjoram
- 1-2 bay leaves
- 2-4 hard-boiled eggs
- potatoes (boiled and cubed, or mashed)
- salt and pepper to taste

## Preparation

1. Preparing the sour base: First pour the flour into a jar (or a clay pot), then add the warm water (boiled, not straight from the tap) and mix well. It is best to mix with a wooden spoon or a whisk. Next, add the peeled whole garlic cloves, bay leaves, dried allspice berries, and bread to the flour-water mixture. Finally, cover the jar (or clay pot) containing the sour base with a dishcloth, gauze, or linen so that air can reach the mixture. Set the jar aside in a warm place for 3 to 5 days; be sure to stir the sour base mixture once or twice daily.
2. When the sour base is ready, it is possible to begin cooking the sour rye soup. In a large pot, pour in 1.5 liters of water and add the uncooked white sausage. Cook over medium heat.
3. Pour the oil into a frying pan and add the diced onions and minced garlic. Fry until translucent and slightly golden brown. Add the fried onions and garlic to the pot with the simmering water and sausage. If desired, set aside a portion of the fried onions and garlic to add to the mashed potatoes, and then add the remainder to the pot.

4. Next, dice the bacon and fry it until crispy. Add it as well to the contents of the pot (don't be shy about pouring the bacon grease into the pot too – it will add plenty of flavor to the soup).

5. Pour 0.5 liter of the sour base (make sure it is well-mixed) into the pot, and then add the marjoram and bay leaves. Season with salt and pepper to taste.

6. The sour rye soup is now ready! Before serving, mix the soup thoroughly, cut the sausage into pieces or slices, and cut the hard-boiled eggs into quarters. Serve the sour rye soup with sausage and egg. You can also serve it with boiled, cubed potatoes or with mashed potatoes. Enjoy!



**Żurek** is a very tasty and nutritious soup. All this meat and sausage makes you full. You should **definitely** try it :)

Click [here](#) to go back to the start!



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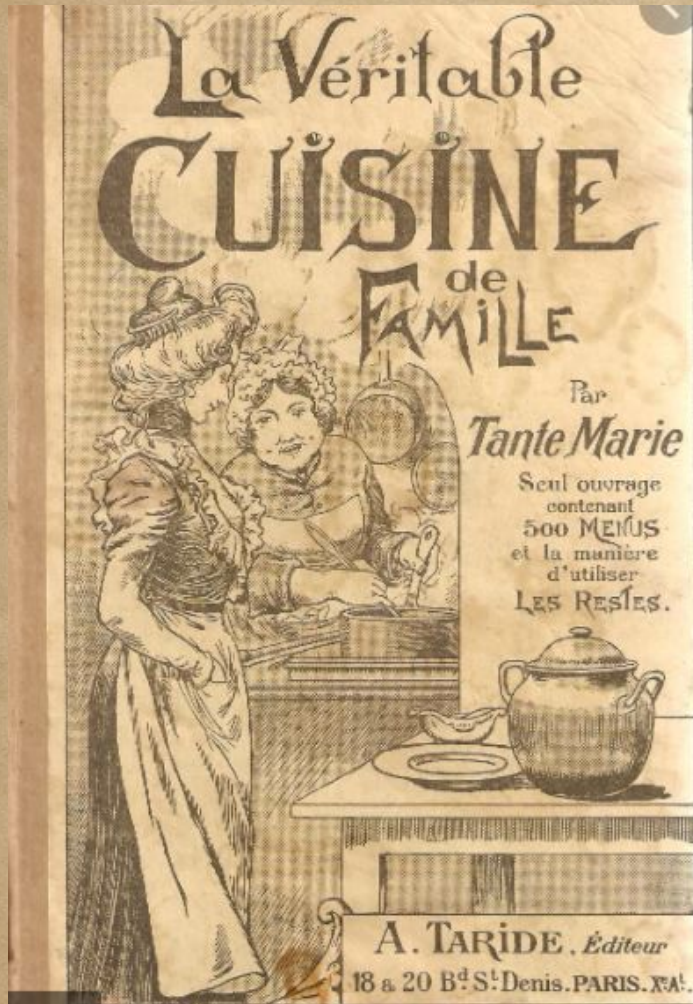
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Many of the photos were taken by us, the students.

# French food habits and traditions





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*1°- Meal rituals*

*2°- Specialties per region*

*3°- Specialties during the festive periods*

*4°- Influences on French culinary habits*



# 1°1- Meal rituals

## \* *Lunch break*



A moment of relaxation for 56% of French people.

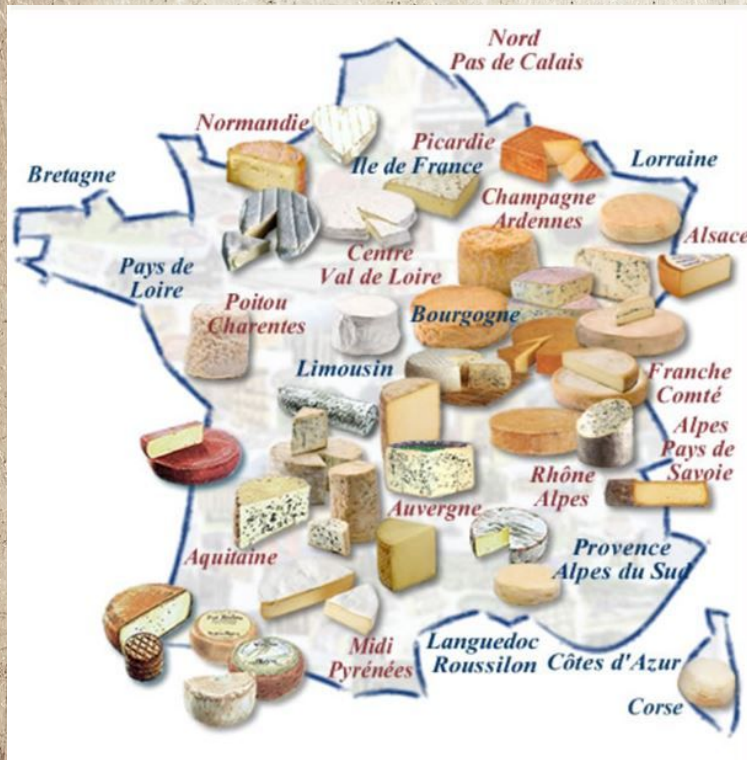
## \* *Bread, a staple of French gastronomy*

Bread accompanies all meals.  
Although in constant decline, the French eat on average the equivalent of **1/2 baguette per day**





*\* No meal without cheese*



The French are the world's leading producers of cheese and great cheese lovers.

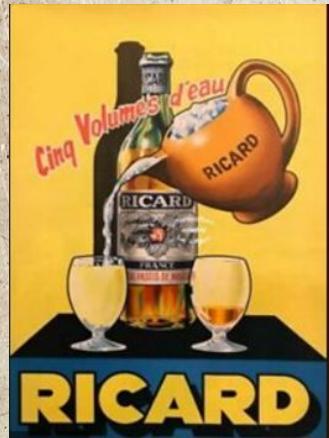
They eat nearly **20kg of cheese per person per year.**

There are more than a thousand different types of cheese.





*\* The aperitif, a tradition which crosses the times*



The aperitif is a ritual followed by a large part of the population. **50% of the French take the "aperitif" at least once a week.** The alcohols consumed depend on several factors such as the region, the social status of the guests, and the starter served.



*\* Wine, the most popular alcoholic drink in France*



**MAIN VINEYARDS AND GRAPE VARIETIES IN FRANCE**





*\* French pastry, an international reputation.*





# 1°2-Specialties per region



## \* *The great classics*

The "**Pot au feu**" is one of these simmered dishes, **composed of beef** (gîte, chuck, rib dish...) cooked in a vegetable stock and accompanied by **potatoes, turnips, carrots, cabbage, leeks...**



"**Veal blanquette**" a famous preparation **based on rice, button mushrooms, carrots and veal**, is one of these sure values. Its name comes from white sauce based on bouillon and fresh cream that accompanies it.



*\* The recipes from the North-West area*



**Kig ha farz**



**Tripes à la mode de Caen**



**Matelote**



**Galette**



**Andouille de Guémené**





*\* The recipes from the North East area*



**Andouillette  
de Cambrai**



**Choucroute garnie**



**Carbonnade**



**Quiche Lorraine**





*\* The recipes from the East area*



**Escargots  
de Bourgogne**



**Fondue Bourguignonne**



**Bœuf bourguignon**



**Pochouse**





*\* The recipes from the South-East area*



**Raclette**



**Tartiflette**



**Fondue savoyarde**



**Gratin dauphinois**



**Truffade**

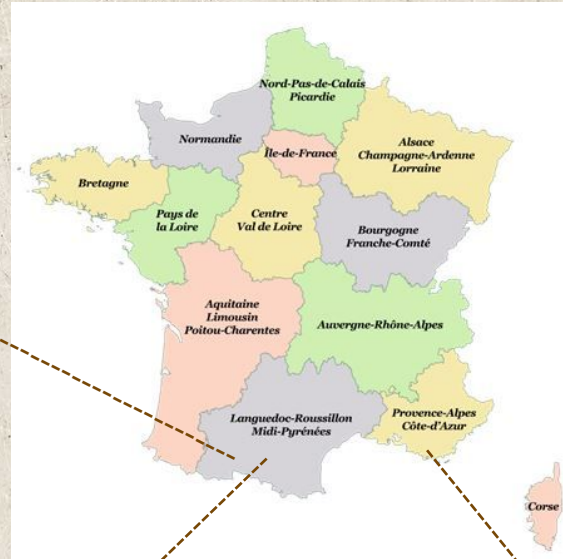




*\* The recipes from the South-West area*



**Foie gras**



**Cassoulet**



**Bouillabaisse**





*\* The recipes from the West area*

**Leg of lamb with white beans**



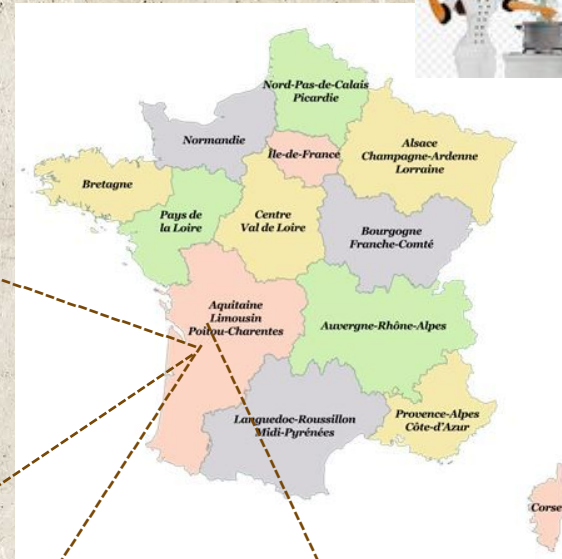
**Rabbit with mustard**



**Pork paté with sorrel**



**Goat with garlic**





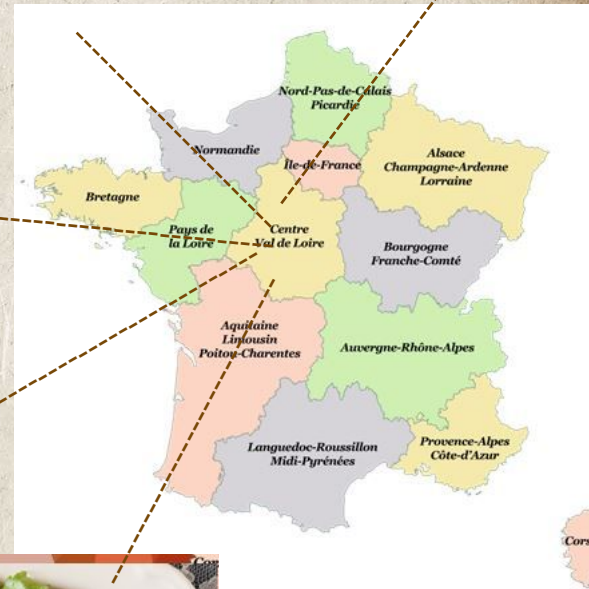
*\* The recipes from the Center area*



**Hare Pheasant**



**Boar**



**Deer**



**Mallard duck**





# 1°3-Specialties during the festive periods

\* *"The Christmas dinner"*





\* "Easter "



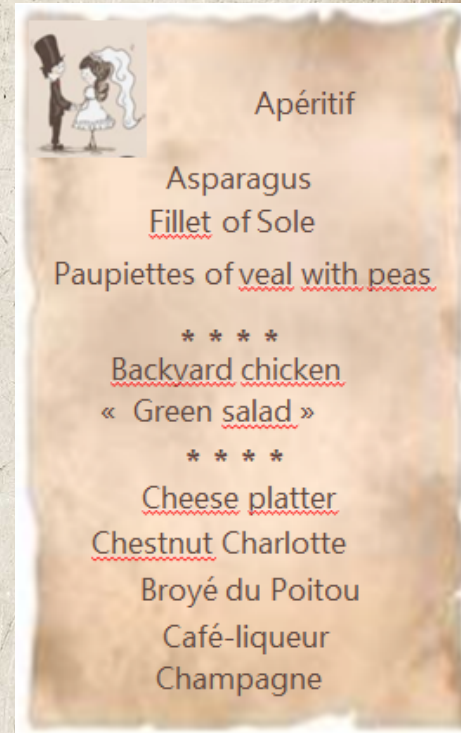


*\* The "Candlemas"*



*\* Menu for wedding, baptism and communion*

**Wedding menu in  
Poitou in 1957**





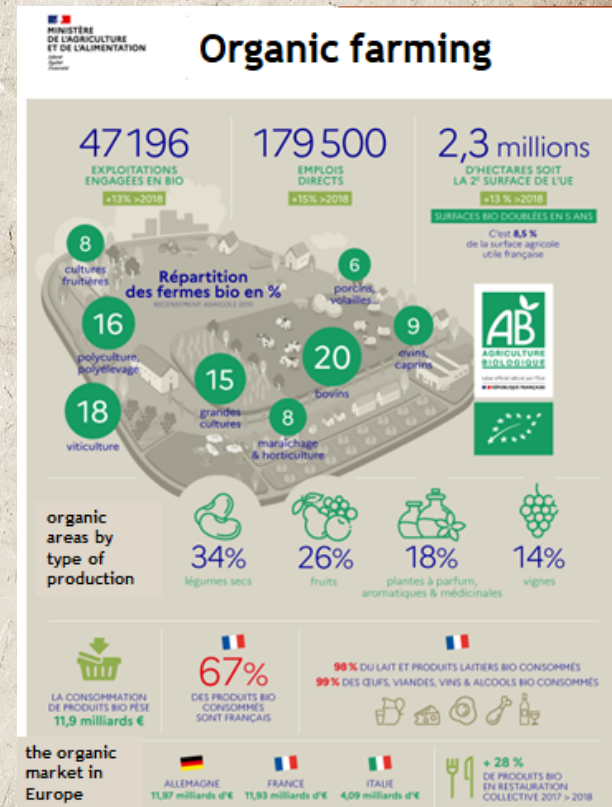
# 1°4-Influences on French culinary habits

## 1°4°1- Evolution of consumption patterns

### \* Organic food

In 2020, organic purchases increased by €1.4 billion, with an estimated growth of 13.7%, and around 7% of household food consumption was devoted to organic compared to less than 2% in 2010. More than 60% of consumers buy organic food at least once a month compared to 14% in 2009.

50% of consumers are willing to pay attention to what they eat at every meal. That's 7.2% more people than in 2017



Organic is gaining momentum all over the world.

All products are already available in organic versions. In addition to foodstuffs, there are household products, cosmetics and clothing.



## \* *Vegetarian diet*

The **vegetarian diet** is a way of eating based on the **exclusion of all foods rich in animal proteins (meat and poultry, fish)** but admitting foods from animals such as eggs, milk, dairy products and honey

Regime adopted for several reasons: **Moral, ecological and economic, healthy, or religious.**



This diet now concerns **3% of the French population**, and continues to grow.

**In 2018, sales of vegetarian and vegan products generated a 24% increase in turnover.** (380 million euros, in supermarkets).

On the other hand, the "**fléxitarians**" (people wishing to **limit, without banning, their consumption of animal proteins**) represent **34% of the French population.**



## \* *Vegan diet*



This diet consists of **eliminating all foods of animal origin: meat, fish, shellfish but also (unlike the vegetarian diet) eggs, dairy products and honey.** It is mainly practiced for ethical, health and ecological reasons. In addition to the diet, **veganism also very often prohibits the use of animal products in cosmetics and ready-to-wear clothing (wool, leather, etc.).**

It was not until 1948, with the **discovery of vitamin B12,** that veganism became a more widespread diet in society.

### **The 7 must-have foods**

- 1 – Oilseeds**
- 2 – Vegetables**
- 3 – Seeds**
- 4 – Plant milk**
- 5 – Tofu**
- 6 – Seitan**
- 7 – Spirulina**



*\* The birth of a true "consum'actor".*

*Fast and healthy eating is the new trend in the catering market*

Never before have consumers been so willing to translate their life choices into their food. Today, more and more **French people are ready to orient their consumption choices according to their environmental and societal commitment**



Even the fast-food market has changed considerably. People want to eat healthier, faster, and without spending more money. They are called "**consumer actors**",

Some people are committed to eating more environmentally friendly and healthy food, respectful of the environment and their health. Thus, "**fast good**" is replacing "**fast food**".





## 1°4°2- Impact of globalisation

*All these dishes from elsewhere that delight us on a daily basis*





*... And that we can buy and cook*





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# Greek eating habits



Hellenic culture, Mediterranean Cuisine and more..



## Table of contents

1. When do Greeks eat?
2. Sunday meal
3. Mediterranean diet
4. Signature Greek dishes
5. Greek desserts
6. Famous Greek Regional dishes from:  
Macedonia, Epirus and Crete
7. Greek delicacies
8. Modern Greek cuisine and streetfood
9. Greek culture





## When do Greeks eat?

In order to have the energy to "survive" the day, Greeks eat three basic meals; breakfast, lunch and dinner. Nowadays, due to globalisation and the fast pace of life, Greeks also enjoy brunch, which is a bold "crossover" between breakfast and lunch.

Smaller meals are called "dekatiano" and "apogeumatino" snacks: these are also consumed between the meals mentioned above. Toast, fruits and juices intend to keep the people active and get them going.

### Breakfast

Greeks, like many other people, begin their day by having breakfast. Eaten at 8 a.m., before adults go to work and kids head off to school, breakfast includes: eggs with bacon, bread with butter, honey and/or jam, cake, cereal, and of course, milk, orange juice, tea and/or coffee.



## Lunch

When we arrive home, a delicious, home-cooked meal is waiting for us. Traditionally, it is made by mothers or grandmas and eaten at 2 p.m. or whenever adults are back from work. Usual Greek main courses are: any type of meat with potatoes and/or rice with salad on the side, pasta, soups, peas or lentils (which are usually eaten on Wednesdays and Fridays) along with traditional Greek pies.

## Dinner

Greeks enjoy their dinner, whenever another exhausting yet creative day is over, usually around 9 p.m. Dinner can either be something they have prepared themselves (cereal, yoghurt with honey, fruits and nuts); they may also have the same dish they had for lunch or indulge in fast food (pizza, souvlaki, gyros).



## Sunday meal

Sunday meal: family time!

The Sunday meal, however, is not about food, at least not only about that. Even if the most simple dish were to be served, the Sunday meal is the time when parents and children get together and are sometimes joined by other family members (uncles, aunts, cousins, grandparents). They get to discuss the events of the previous week, the goals to be achieved, the current political and economic state. They make fun of each other and laugh. They dream. They make memories. They have disagreements that are resolved pretty quickly. They make plans about trips or the future

Overall, the Sunday meal is essential not only for the Greek food culture, but the family as well. This way, family members show each other their affection and dedication.





## What do Greeks eat?

*Traditional Greek cuisine*

*Greece is home to some of the finest ingredients in the world: Salt from the Mediterranean, olive oil, bread, fresh vegetables, feta cheese, olives, fresh fish and seafood*

*Traditional Greek cuisine has always placed emphasis on authentic raw ingredients and of course the famous Mediterranean diet*



## Mediterranean diet

*The Mediterranean diet is based on the traditional eating habits from the '60s of people from countries that surround the Mediterranean Sea, such as Greece, Italy, and Spain. It encourages the consumption of fresh, seasonal, and local foods.*



**MEDITERRANEAN DIET**

## What foods is the Mediterranean diet made up of?

The diet is generally characterized by a high intake of plant-based foods (e.g. fresh fruit and vegetables, nuts, and cereals), olive oil, a moderate intake of fish and poultry, and a low intake of dairy products (mostly yoghurt and cheese), red meats, and sweets. Wine is typically consumed in moderation and, normally, with a meal.



## What are the benefits of the Mediterranean diet?

### • Heart health

Many studies have indicated that the Mediterranean diet can help the body maintain healthy cholesterol levels and reduce the risk of high blood pressure and cardiovascular diseases

### • Diabetes

Certain Mediterranean diets rich in fruit and vegetables are known to be healthy for people with diabetes.

As well as being protective against type 2 diabetes, Mediterranean diets can help those people control their blood sugar levels.





## Signature Greek dishes

### Souvlaki and gyros

A gyro or gyros is a dish made from meat cooked on a vertical rotisserie. It is prepared most often with pork or chicken and typically served wrapped or stuffed in a pita along with ingredients such as tomatoes, onion, and tzatziki sauce. Souvlaki is a popular fast food consisting of small pieces of meat and sometimes vegetables grilled on a skewer.

### Moussaka

Moussaka is a layered oven casserole dish made with vegetables and meat  
<https://www.mygreekdish.com/recipe/mousakas/>

### Spanakopita

Spanakopita is a pie made of crispy layer of phyllo dough and a filling of spinach and feta cheese

### Fasolada

Soup consisting of beans, crushed tomatoes, and vegetables such as onions, carrots and celery

### Gemista

Stuffed peppers and tomatoes with rice and chopped vegetables





## Famous Greek desserts

### Galaktompoureko

A dessert of custard  
baked in filo

[https://www.mygreekdish.com/  
recipe/galaktoboureko/](https://www.mygreekdish.com/recipe/galaktoboureko/)

### Spoon sweets

Sweet preserves made from almost any fruit or vegetable

### Ravani

A moist sweet semolina cake soaked in an aromatic syrup

## Famous dishes from Macedonia

### Bougatsa

Pastry (sweet or salty) consisting of either custard, cheese, or minced meat filling between layers of phyllo

### Pork with quince

Slow cooked pork with  
slices of quince and red  
tomato sauce





## Famous dishes from Epirus

### Trahana

Trahana is a type of ancient wheat product or "pasta" made with either semolina, cracked wheat, or flour and it is normally eaten in soups or as a porridge



### Pies

Wild greens pies, nettle pies, leek pies, pumpkin pies - sweet or savory - cheese pies, and herb pies made with cornmeal instead of filo pastry

## Cretan cuisine



### Ntakos

Barley rusks with olives, rubbed tomato, myzithra cheese, olive oil and oregano

### Chochlioi Boumpouristoi

Snails, after dipped in flour, are fried in olive oil and accompanied by rosemary and vinegar

## Greek delicacies

### Ntomatokeftedes from Santorini

Tomato fritters made with the thick batter of Santorini tomatoes, onion, greens, mint, oregano and flour, fried in hot oil

<https://www.youtube.com/watch?v=Ba9lSfTUsHI>



### Loukoumia from Syros

Confections based on a gel of starch and sugar. Often flavoured with rosewater, mastic, bergamot, orange and lemon, usually dusted with icing sugar



### Revithada from Sifnos

Stewed chickpeas baked in a clay cooking pot in a wood stove



### Modern Greek cuisine

Modern Greek food is about a return to basic values; the renewal of the traditional taverna as well as restaurant menus that offer more rustic - albeit beautifully presented - choices are living proof of it

### Greek street food

Street food provides an important income and is a source of cheap and tasty food. Boiled or roasted corn, ice cream, chestnuts, pies, souvlaki, Greek gyros and its Turkish equivalent doner kebab, etc. are among the favorite street delicacies



Koulouri: Throughout Greece, a ring of bread covered with sesame seeds is sold on street corners and in most bakeries. Students eat it in school breaks, adults nibble it on their way to work or after work, on their way home

Loukoumades: They are the Greek version of donuts. They are small round-shaped fried balls of dough, which are soaked in sweet syrup and topped with honey and walnuts. This is probably the sweetest memory from every Greek childhood.





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Nasos-Panos- Greek Culture.docx



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# Spanish food habits





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- Bar
- Breakfast, lunch and dinner differences
- Siesta

## **2- TRADITIONAL DISHES**

- Tapas
- Special meals
- Desserts

## **3- DEVELOPMENT AND EVOLUTION OF THE CUSTOMS**

- Vegetarian and vegan alternatives
- Foreign food becoming typical

# 1. Rituals and habits around food: Bar

In Spain it is really common to find bars, in fact, it's the country with the biggest quantity of them. A Spanish bar consists of a dining or sitting area which serves drinks and little meals and tapas. They usually do menus but they don't have such a great variety as a regular restaurant does. We usually sit in the outside dining area and drink some beer, coffee or fuzzy beverages along with some tapas.



It is typical to go with family and friends especially on the weekends and summer holidays.



# Rituals and habits around food: Breakfast, lunch and dinner differences

## Breakfast

We don't have breakfast as a family meeting as many of European countries do, usually we have a coffee or cereals before going to work and maybe a little "almuerzo" between 10 and 11 AM where we have a little sandwich or some fruit.



Some people, usually on the weekends, go out for having breakfast. One of the typical Spanish breakfast menu may be a coffee with toasts and ham.

On Sunday mornings you can visit a churrería and buy some hot chocolate and, of course, the well known churros.

Spanish people have a flexible timetable and customs but mostly we have breakfast at 8:30 AM, lunch at 2 PM and dinner at 9 PM.

# Rituals and habits around food: Breakfast, lunch and dinner differences

## Lunch

Lunch time in Spain usually takes place from 2 PM to 4 PM. It's the biggest meal of the day and consists of two or three courses. A traditional Spanish lunch is one of Europe's most nutritious.



The first course it's a light one, usually a soup or a salad, any kind of vegetables. The second one is typically fish or meat (chicken, beef and pork are the most common).

Most people like a dessert. Some fruit or yoghurt are usually the final bite.

Some typical spanish lunch meals may be "croquetas", "tortilla de patata" and of course, "paella".



### Did you know?

In Spain, it is typical to have lunch with bread. Also, it's typical to have a glass of wine next to the paella and some other special traditional meals.



# Rituals and habits around food: Breakfast, lunch and dinner differences

## Dinner

Because of the large lunches, dinner is typically a much lighter and smaller meal. It usually consists of salads, tapas or some grilled meat or fish. Meanwhile for lunch it's typical to get through two or three courses, dinner is only one course and sometimes a light dessert.



Grilled fish with vegetables, a light dinner meal.

## Tapas

Tapas are small portions of different snacks or meals. These typical plates are usually given for free when you have a drink at a bar, but you can also order them to share different tapas at once with your companions. Tapas are really popular and loved in the Spanish culture and lots of people have tapas for lunch or dinner. The king Alfonso X of Castilla ordered to serve free food along with alcohol to the soldiers. For saving ingredients, the servers made these snacks small.



Chipirones, a fried squid tapa.

## Siesta: how does it refer to lunch?

Everybody knows about the tradition to have a rest during the day after having lunch. The purpose of the siesta is mainly to avoid extreme heat and let the organism relax after the big meal of the day. It's not only common in Spain, but also in Greece and Italy.

The Spanish siesta takes place between 3 PM and 5 PM. In some places like Andalucia, shops close between these hours so employees have time to have lunch with their families and rest.



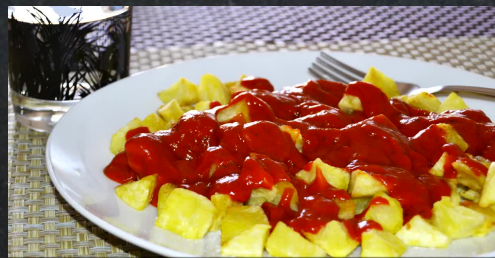


## 2. Traditional Dishes: Tapas

The word *tapa* comes from the verb *tapar*, which means "to cover". It consists of a group of small Spanish savory dishes. They are normally served at bars to accompany a drink. Tapas can be taken as an appetizer before the main dishes or directly as lunch or dinner.

### Some examples of Tapas:

- ***Croquetas*** are tapas that consist of a thick binder combined with a filling, which are breaded and deep-fried, and served as a side dish.
- ***Pinchos*** are an appetizer typically served on top of breads, especially common in Spain's northern Basque Country. They are often served with skewer or toothpick.
- ***Patatas bravas*** are potatoes accompanied by a spicy sauce called "salsa brava". The name alludes to the power of the spicy sauce.



Fried Potatoes in Spicy Tomato Sauce (Patatas Bravas)

## Traditional Dishes: Special meals



· **Paella** is a saffron-flavored dish containing rice, meat, seafood, and vegetables. It is a Spanish dish originally from Valencia and also, one of the best-known dishes in Spanish cuisine.

· **Cocido madrileño** is a traditional chickpea-based stew from Madrid, Spain. A substantial dish prepared with meat and vegetables, it is most popular during the winter, to keep the body warm.



· **Caldo de Navidad** is a meat stock usually made with vegetables, ham and beef knee bones, and both veal and poultry. It is a comforting and nutritious starter that marks the beginning of a Christmas lunch or dinner with the family.



# How to (not) cook a Spanish omelette (tortilla de patatas)

Co-funded by the  
Erasmus+ Programme  
of the European Union



## Spanish Team



## Traditional Dishes: Desserts

· **Crema catalana** is a kind of pastry cream or custard with a crunchy crust based on caramelized sugar. The first crema catalana appears in the Catalan cookbooks *Llibre de sent sovi* (14th century) and *Llibre de Coch* (16th century).



· **Torta de santiago or Tarta de santiago**, meaning cake of St. James, is an almond cake or pie from Galicia with origin in the Middle Ages.

· **Arroz con leche** is a dish made from rice mixed with water or milk and other ingredients such as cinnamon, vanilla and raisins.





### 3. Development and evolution of the customs

As many other nations all over the world, Spain has changed their eating customs. In fact, we are still changing our habits around food. The most significant are the ones related to vegetarian and vegan food, in order to avoid the consumption of meat and be more friendly and careful with our animals. Here you got some examples of which alternatives have appeared. They are definitely more inclusive and delicious.

GO VEGAN

# Vegetarian & vegan alternatives to typical dishes:

## Vegan cachopo

### Ingredients

Soy steaks, vegan cheese, onion, mushrooms, oil, salt and a few drops of soy sauce.

### Preparation

The first thing is to soak the soy steaks. For a cachopo (since they have to be big, by tradition) I used two. When they are hydrated, they increase the volume a lot, so I carefully opened them in half without cutting them into two parts, like a book. While it hydrates, we can prepare the filling: we peel the onion and cut it into very thin strips. We put it in the pan with olive oil and a little salt and a rather gentle heat, so that it is done little by little and is soft. I used canned mushrooms, from the rolled ones, so I added them when the onion was almost done. While you can go cutting the cheese, thinly sliced better. When everything is ready, with the steaks well drained, place the cheese and then with a spoon the onion and mushrooms. When you have it placed, you go through the end of the fillet that is open with a toothpick, you close it as if sewing it, go. The same with the other (or the others) and to the pan. It does not have to have a lot of oil, a few drops. The original cachopos are battered, but I did not batter them. Fry until they are a little golden, when they were almost ready I added a few drops of soy sauce, mostly to give it color and so that the fillets were not too pale and that's it!





# Foreign food becoming typical

Some global dishes have become really popular between Spaniards, here we got some examples:



Kebab  
(from Turkey)

Tacos (from Mexico)



Humus (from Lebanon)



Sushi  
(from Japan)



Macarroni (Italian pasta)



Cuscus  
(Arabian dish)



## Barcelona, Vegan city

One of the cities that have experienced most of these food habits changes is Barcelona. BCN is known as one of the vegan capital cities of Europe (alongside Amsterdam). As a notorious vegan city, Barcelona has loads of places where vegetarians and vegans can enjoy their favourite dishes and others they may have never heard about.



These are some of the best vegan locals of "Ciutat Comtal":

Hotels (not 100% vegan yet):

- Grand Hotel Central
- Eco Boutique Hostal Grau

Restaurants:

- Bar Celoneta (all kind of vegan tapas available)
- Vegetart deli (cheap but quality vegan food)



*Bar Celoneta*



Thank you for reading!

Click [here](#) to go back to the beginning!

