

Slovene food

Slovenian cuisine is heavily influenced by its neighbours. As a border country Slovenia borrowed recipes from Austria ("klobasa", "jabolčni štrudl" and "dunajski zrezek"), Italy ("njoki", "rižota"), Hungary ("golaž", "paprikaš") and Balkan ("burek", "čevapčiči").

Slovenian cuisine is simple, plain and heavy. The caloric food includes flour-based dishes, animal fat, beans, potatoes, cream, butter and eggs.

MEAT

Slovenia is familiar with all sorts of meat. Pork is very common and also a favourite.

Traditionally one of the highlights of the year is the day of "koline". The pig is slaughtered, then meat is prepared and made into "krvavice", "pečenice", "kranjske klobase" and famous "želodec".

In the Primorska region the people of Karst produce "pršut" (smoked ham).

TRADITIONAL MAIN DISHES

"Žganci" (flour mixed with water) are the best known and popular Slovene national dish, served with "ocvirki", "obara", "kislo zelje" or "kisla repa".

Another popular dish is "polenta" (corn meal dish), it sometimes took the place of bread.

DESERTS

"Potica" is a yeast-based raised pastry filled with walnuts or poppy seed.

"Prekmurska gibanica" is made of filo pastry with 4 kinds of stuffing in several layers: poppy seed, ricotta cheese, walnuts and apple stuffing. They are a speciality in Prlekija and Prekmurje. "Loparnice" are placed on the oven spade and baked in a bread oven.

"Štruklji" are dumplings filled with fruit, jam or cottage cheese. They are made of stretched dough, rolled out thinly, spread with fillings, made into a roll and baked.

"Krof" is a Slovenian doughnut, traditionally made during the carnival season in Ptuj.

"Blejska kremšnita" is a layer of vanilla and cream between two crunchy puff pastry.

DRINKS

Brandy made from fruit, known as "žganje", is a popular drink to have in bars.

Slovene wines are rich in quality, having a right colour and flavour. The symbol of a long and rich wine tradition is the 400 years old grapevine, which can be found in Maribor.

In Slovenia, coffee and beer are the most common drinks ordered in restaurants and taverns.