

# FOOD IN SLOVENIA

Class 7. a

Šempas Primary School

School year 2019/2020

## MEALS and MEALTIMES

In Slovenia the day starts with breakfast. People usually eat breakfast between seven and eight o'clock. Most often they eat various spreads spread on bread such as honey, jam, butter... After breakfast there is a morning snack, somewhere around ten. For this meal they most often eat home-grown fruit. Lunch is around 12 o'clock. This is the biggest meal of the day. People eat what they want for this meal, everything from pasta to meat. At about 3 p.m. there is an afternoon snack. People usually have yoghurt or fruit for this snack. The next and last meal is dinner. For dinner people eat something light or a leftover lunch.

Lia Nardin Bizjak

# Traditional breakfast in Slovenia

The traditional breakfast in Slovenia is:

- \*Bread
- \*Honey
- \*Butter
- \*Hot milk
- \*An apple



Breakfast is the most important meal of the day.

# A morning snack

Especially children in Slovenia eat a morning snack:

- \*Cereal with milk
- \*Yoghurt
- \*A cup of tea
- \*Pancakes
- \*Waffels
- \*Bread with jam
- \*Fruit (an apple, a banana,...)



# Lunch

For lunch a lot of people in Slovenia eat  
“Jota” (cabbage stew) and hot dogs

Baked potatoes

Mashed potatoes

Steak

Roasted pork with potatoes

Pasta

Soup



# Dinner

A lot of Slovenians eat:

A vegetable soup

Pasta with cream

Rice

Pizza

Lasagna

Aljaž Peršič, Manuel Bavčar, Žan Pišot



# PLACES TO BUY FOOD

- Shops
- The market
- Pizzeria
- Restaurants
- Fast food (McDonald's)
- Bakery

Tine Mladovan and Žiga Božič

# PLACES TO BUY FOOD IN SLOVENIA

- In Slovenia most people buy food in shops.
- Another very visited location where we can buy food are the markets.
- And some people in rural areas buy food in travelling vans.
- Homemade food can also be bought on farms.
- Because we are currently in quarantine we can also order food via internet or phone.
- Some people do not buy food but grow it themselves.

Ruben Bizjak and Jakob Kralj





# PLACES TO BUY FOOD

My favourite shop is the supermarket.

I like to shop there because they have so much stuff.

I like shopping with my mom.

People in Slovenia mostly buy food in shops and supermarkets.

If they want to eat out, they go to the restaurants or cafes.

In Slovenia some people like to grow food in their garden.



Enia Testen

# OUR FAVOURITE RECIPES

## PEACH SPONGE CAKE

### INGREDIENTS

- 4 eggs
- 6 spoons sugar
- 6 spoons flour
- 6 spoons milk
- 1 baking powder
- Peach compote

### INSTRUCTIONS

- Put the eggs and the sugar into a bowl and mix them together.
- Add the milk, the flour and the baking powder and mix them all together.
- Pour the mixture into a dish.
- Slice the peaches from the compot.
- Add them into a dish.
- Put the dish into an oven at 180°C for 30 minutes.
- Then spill the sponge cake with the compote.

Ivana Vodopivec



## PANCAKES

### INGREDIENTS:

- 100 g flour
- 1 tea spoon sugar
- ! /2 tea spoon salt
- 300 ml milk
- 2 eggs
- One spoon oil

### INSTRUCTIONS

- Shake the flour in a bowl. Add salt to the sugar; mix well in the middle to make a hole. Beat the eggs in the hole and add about 50 ml of milk to one tablespoon of oil.
- Start mixing the ingredients in the pit with a hand whisk or mixer, and while mixing, cover the flour around the pit. Stir until all the flour is added to the mixture (add a little more milk if necessary) and get a smooth, thick, lump-free mixture.
- Then, while stirring constantly in a thin stream, pour the remaining milk into the feeding bowl. When all the milk is added in and get smooth into the liquid dough, stop mixing. The mass must be liquid but not watery. If it is watery, add a little more flour.
- Let the prepared mass rest for 15 to 30 minutes before baking so that the starch granules swell in the liquid. Before baking, be sure to mix it well again.

Neva Kalan



## CHOCOLATE COOKIES

### INGREDIENTS:

- 200 g dark chocolate
- 125 g butter
- 150 g powdered sugar
- 100 g sugar
- 2 large eggs
- 130 g flour
- 3 teaspoon cocoa powder
- 1 teaspoon baking powder

### INSTRUCTIONS:

- 1.First melt the butter and the chocolate.
- 2.Then beat the eggs and both sugars and add the chocolate.
- 3.Then add the remaining ingredients and mix everything together smoothly.
- 4.Put the mass into the models and place it in the oven.
- 5.Bake the biscuits for 20 minutes.

Lia Nardin Bizjak



## LAVA CAKE

### INGREDIENTS:

- 5 eggs
- 125 g sugar
- 250 g dark chocolate
- 250 g butter
- 50 g flour

### INSTRUCTIONS:

1. Separate the egg white and the yolk.
2. Make »snow« out of the egg whites.
3. Put the yolk and the sugar into the bowl and mix them well.
4. While doing that, melt the chocolate and the butter on a water bath.
5. Put the melted chocolate and the flour in a mixture and mix them together with the mixer.
6. Than put »the snow« into mixer and mix everything together slowly and softly with a spot.
7. Grease the small moulds with butter. And fill them with the mixture to 2/3.
8. Bake it for nine minutes in the oven at 180°C.
9. Flop the »cakes« on a plate. If we did it wright, it has to overflow from inside out.

Tine Mladovan



## JAPANESE CHEESECAKE

### INGREDIENTS:

3 eggs  
120 g white chocolate  
120 g cream cheese

### INSTRUCTIONS:

Melt the chocolate over a steamer and beat the egg whites into hard snow. Stir the creamy sour cream and egg yolks into the melted chocolate, and then the whipped egg whites in two or three meals. Shake the dough into a cake tin and bake the cake at 170 °C for 15 minutes, then lower the temperature to 160 degrees and bake it for another 15 minutes. After 30 minutes of baking, turn off the oven and let the cake bake at the existing temperature for the last 15 minutes.

Jakob Kralj



<https://www.craftpassion.com/low-carb-japanese-cheesecake/>

## AVOCADO BROWNIES

### INGREDIENTS:

- 1 large avocado
- 2 large eggs
- 1/3 cup coconut sugar
- 1/4 cup pure maple syrup
- 3 tablespoons unsalted butter
- 1 teaspoon pure vanilla extract
- 1/2 cup plus 2 tablespoon unsweetened cocoa powder
- 1/2 Bob's Red Mill Blanched Almond Flour
- 1 teaspoon espresso powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup dark or semisweet chocolate chips



## INSTRUCTIONS:

1. Place a rack in the center of your oven and preheat the oven to 350 degrees F. Line an 8x8-inch pan with parchment paper so that two sides overhang like handles. Lightly coat with nonstick spray.
2. Place the avocado, eggs, coconut sugar, maple syrup, butter, and vanilla in the bowl of a food processor fitted with a steel blade. Process until it's completely smooth and combined stopping to scrape down the bowl a few times as needed so that no chunks of avocado remain.
3. Add the cocoa powder, almond flour, espresso powder, baking soda, and salt to the food processor. Process until it's smooth. Add  $\frac{1}{4}$  cup of chocolate chips and pulse a few times so that the chips are roughly incorporated.
4. Scrape the batter into the prepared pan and smooth the top. Sprinkle over the remaining  $\frac{1}{4}$  cup chocolate chips. Bake for 25 to 30 minutes, until the top is set and a toothpick inserted in the center of the brownies comes out mostly clean with just a few moist crumbs clinging to it. Place the pan on a wire cooling rack and let the brownies cool for 30 minutes. With the parchment paper handles, lift the brownies from the pan and place them on the rack to cool completely. If time allows, refrigerate for at least 4 hours or overnight. Slice and serve.

Žiga Božič



## PANCAKES

### INGREDIENTS:

You will need:

1 cup flour

2 spoons sugar

2 teaspoons baking powder

½ teaspoons salt

1 cup milk

2 spoons oil

1 large egg

Maple sirup



### INSCTRUCTIONS:

1.Mix the egg then add the flour, the baking soda, salt and milk.

2.Put some oil on the fry pan.

3.Preheat the frying pan and fry the pancake.

4.When the pancake is done, put some maple sirup or sugar on it.

5.Bon appetit!

Zala Kralj

## YOGHURT CAKES WITH FRUIT

### ◦ INGREDIENTS:

- Plain yoghurt cruchible
- 2 yoghurt pot
- 2 eggs
- 1 yoghurt cup sugar
- 1 yoghurt cruchible oil
- 1 vanilla sugar
- 1 baking power
- Fresh fruit

### INSTUCTIONS:

- Mix all the ingredients.
- Pour into the baking pan and sprinkle breadcrumbs and the prepared mass onto it.
- Put smaller pieces of chopped fresh fruit into the batter.
- Bake in preheated oven at 180° C around 35-40 minutes.
- Let it cool and cut it into cubes.



Lea Mervič

## FLUFFY PANCAKES

### INGREDIENTS:

- 4 cups flour
- 4 tablespoons baking powder
- 4 cups milk
- $\frac{3}{4}$  cup butter, melted
- 3 egg yolks
- 4 egg whites
- maple syrup to serve



### PREPARATION :

1. Whisk together the flour and the baking powder in a large bowl.
2. Put the butter, the egg yolks and the milk in a separate bowl.
3. In a third bowl beat the egg whites until soft peaks form.
4. Pour the milk mixture into the flour and stir with rubber spatula until it is combined.
5. Pour the batter into the pan and cover it with a lid. Cook until it's golden brown on the bottom.
6. Put the pancake to a plate and repeat.
7. Enjoy!

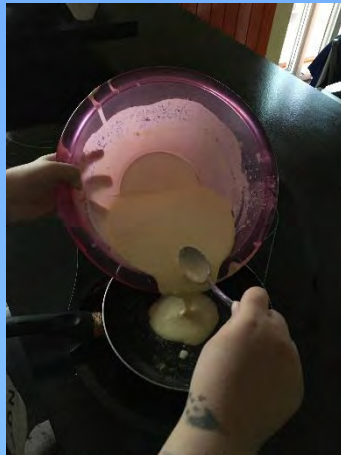
Enia Testen



1. Put the egg yolks, the milk and the butter into a bowl.



2. Pour the batter into the flour and mix.



3. Then put the batter into a pan and cover it with a lid.



4. Fry the pancake on both sides. Enjoy!

## BAKED MUSHROOMS with herbal cottage cheese

### •INGREDIENTS:

- 4 big mushrooms
- 1 table spoon olive oil
- 1 coarsley chooped charlotte
- 60 g carsley chopped parsley
- 250 g riccota



### •PREPARATION:

Preheat the oven to 200°C. Remove the beta from the mushrooms and save them for later. Place the mushrooms on a low baking sheet and coat them with oil. Chop the bete, the shallots, the parsley and the chives finely. Put the chopped ingredients in a large bowl and mix them with the riccota. Fill the mushrooms with the herb riccota. Bake them for 15 to 20 minutes.

Žan Pišot

## COTTAGE CHEESE PASTRIES FOR GREEDY NEIGHBOURS

### INGREDIENTS:

Dough

3 eggs

6 spoons oil

8 spoons flour

1 baking powder

Cream

3 eggs

5 spoons sugar

0,5 kg cottage cheese

1 sour cream

1 vanilla pudding

**INSTRUCTIONS:** Whisk the eggs with the sugar. Add the oil and the flour with the baking powder. Pour the mixture into a greased and crumbly baking dish.

**Cream:** Whisk the eggs with the sugar. Add cottage cheese, pudding powder and sour cream. Stir everything lazily so that there is no breast from the pudding. Pour the cream over the dough. Only the one will sink and the dough will peek over the cream here and there. Bake for about half an hour...check with a toothpick. Cool and sprinkle with powdered sugar.



Sara Kosovel

## PICNIC BISCUITS WITH COCA COLA

### INGREDIENTS:

You will need:

450g picnic biscuits

125g butter

3 veins sugar

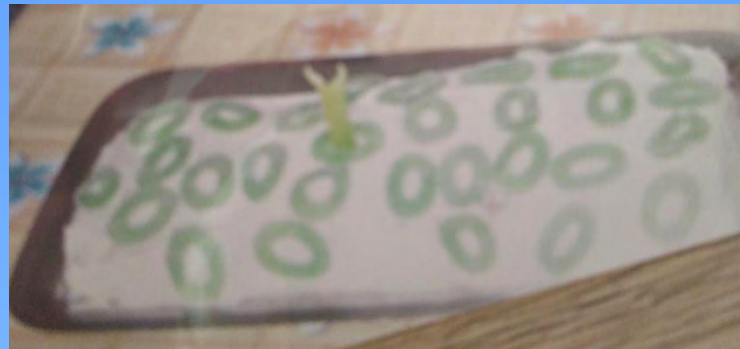
3 cocoa veins

Half a liter coca cola

### INSTRUCTIONS:

Crush the cookies. Mix the sugar, butter and cocoa. Then add picnic cookies and coca cola. Mix all together and place on a tray. Put the tray into the freezer for two hours. Then serve.

Meta Kosovel



## APPLE PIE

### INGREDIENTS:

350 g flour

1/2 bag baking powder

120 g sugar

1 pinch salt

150 g butter

2 yolks

4 table spoons sour cream

### STUFFING:

5 large apples

sugar to taste

1 bag vanilla sugar

2 table spoons of lemon juice

cinnamon to taste

Aljaž Peršič

### INSTRUCTIONS:

First prepare the dough – garble the flour and the baking powder, add salt and sugar and mix. Add the sliced butter and knead with fingers. Add the yolks and the sour cream and knead the dough. Put the dough into the foil and let rest for 30 minutes in the refrigerator.

While the dough rests, prepare the stuffing. Peel the apples and grate them. Placed them on the cooker. Add vanilla sugar, lemon juice and cinnamon. At low temperatures stew them for as long as they soften and the liquid evaporates.

Heat the oven at 180 degrees Celsius. Take one piece of dough and roll it, than place the dough in a baking pan. Pierce the dough with the fork and add the apple stuffing. Take the second piece of the dough, roll it and put it on the top of the apple filling. Bake for 40 to 50 minutes into the heated oven.





# RECIPES IN PICTURES

## APPLE PIE

### INGREDIENTS:

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 3 spoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 6 to 7 cups thinly sliced peeled tart apples

- 1 spoon lemon juice

Pastry for double-crust pie

- 1 large egg white

-additional sugar



Photos by Zala, Sara, Lea, Meta

1. First, mix the sugar, the flour and the spices in a small bowl. Then put the dough aside.



Mix the apples with the lemon juice in a large bowl. This will be the apple pie filling.



Photos by Zala, Sara, Lea, Meta

2. Roll the dough and put it on the pie plate. This will be the bottom crust. Fill with the apple mixture and put some butter on it. Roll the remaining crust to fit the top of the pie and put it over the apple filling. Seal the edges with hands. Cut some slices of thin dough and place them on the top of the pie.

3. Beat the egg white until it is foamy. Then brush the egg white over the crust. Sprinkle with sugar. Cover the pie with the foil.

4. Bake the covered pie at 180°C for 25 minutes, then remove the foil and bake until the crust is golden brown and the filling is bubbly. This will take another 20 to 25 minutes. Then put it out of the oven and let it cool.



Photos by Zala, Sara, Lea, Meta

5. When it is cool, you can enjoy it. Bon appetit.  
Zala Kralj, Meta Kosovel, Sara Kosovel, Lea Mervič



Photos by Zala, Sara, Lea, Meta

## VANILLA BISCUITS

### INGREDIENTS:

- 250g butter
- 250g flour
- 125g cornstarch
- 100g powdered sugar
- Some drops of vanilla extract



### INSTRUCTIONS:

- Put the butter and powdered sugar into a bowl and mix them together. Then add the flour, cornstarch and a few drops of vanilla extract. Put the dough in the fridge. Shape small balls from the cooled mixture.
- Preheat the oven at 180° C. Put the balls on the baking pan with the baking paper. Make sure that they are at least 3 cm apart. Use the fork to create prints on the balls. Bake the biscuits for about 10 minutes. When biscuits are ready, decorate them with powdered sugar on top.

Lina Sever

# VANILLA BISCUITS



Put all the ingredients into a bowl.



Mix them together.



Shape the batter into small balls.



Create the prints on the balls.



Bake for 10 minutes at 180°C.



Serve the biscuits.

# ICE CREAM LOLLIPOPS

## INGRIDIENTS:

- 600 ml plain yogurt
- 25 soft strawberry jelly candies
- 800 ml strawberry syrup
- 140 gt sugar

## INSTRUCTIONS:

- Cut the strawberry candies into small pieces.
- Pour the yoghurt into a bowl, add the sugar, the syrup and the pieces of candy and mix together.
- Pour into the models to make ice cream cones and drill in wooden sticks.
- Put into the freezer for 4 hours.



# FILLED PAPRIKA RECIPE

## INGREDIENTS:

1 kg Fresh Paprika

1/2 kg minced meat

one large onion

grated carrots

salt, pepper, ,vegeta'

ground red paprika



## INSTRUCTIONS:

We wash the peppers and cut off the upper part, then fill them with meat and rice.

Add the salt, the pepper and vegeta.

Cook for 30 minutes in a boiling water.

Fry the oil and the flour.

Add it to the water in which paprika was cooked. A fine sauce is formed and can be served with as a side dish if desired.

FINAL PRODUCT  
I didn't remain hungry.

Alija Hajdić



## APPLE CRUMBLE



Amina Beganović



## INGREDIENTS:

You will need

3 large apples

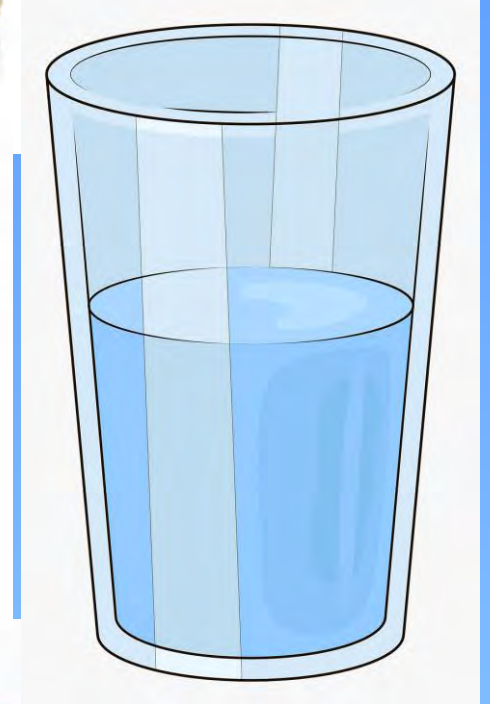
300 g flour

200 g butter or margarine

100 g sugar

Water

Cream or ice-cream



## INSTRUCTIONS:

1. Peel the apples and slice them.
2. Put the apples in a saucepan with a little water and 50 g of sugar. Boil the apples for 10 minutes.



3. Put the flour, the butter or margarine and the rest of the sugar into a bowl. Mix them with a fork.
4. Pour the cooked apples into a dish.
5. Cover the apples with the flour, butter and sugar mixture.
6. Put the dish into the oven at 180°C for 30 minutes.



7. Serve the apple crumble with cream/ice-cream.

## A RECIPE FOR BAKLAVA

You will need:

250 g butter

700 g walnuts

1 kg sugar

1 dcl oil

500 g puff pastry

### INSTRUCTIONS:

1. Grind the walnuts.
2. Mix the walnuts and 100g of sugar.
3. Melt the butter.
4. Take the puff pastry out of the package.
5. Oil the baking tray.
6. Take one piece of puff pastry and cover it with butter.
7. Cover it with butter and walnuts.
8. Repeat that until you use all of the puff pastry.
9. Cut the baklava into small pieces.
10. Bake the baklava for 20 minutes at 150 degrees Celsius for 2 hours.
11. After 20 minutes of baking cover it with the sugar and water mixture.



# BAKLAVA



I'm grinding the walnuts.



I'm mixing the walnuts and 100g of sugar.



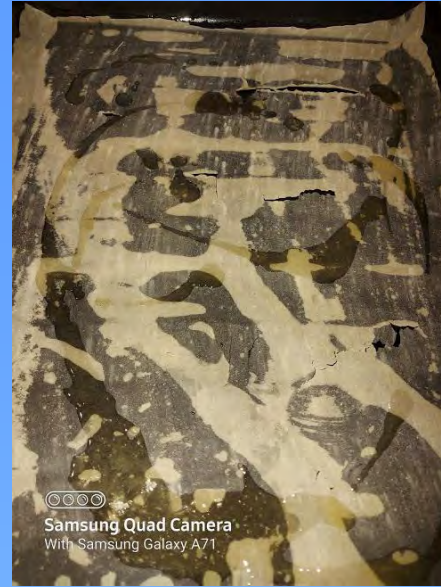
I'm melting the butter.



I'm taking the puff pastry out of the package.



I'm greasing the baking tray.



I'm covering it with butter.



I'm putting one piece of puff pastry on the tray.



I'm covering the puff pastry with walnuts.



I'm cutting the baklava into small pieces.



I'm baking the baklava at 150 degrees Celsius for 2 hours.

After 20 minutes of baking I'm covering it with the sugar and water mixture.

# SOURCES

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