

Slovak Republic

Slovak cuisine is very unique, the food is traditional and ingredients that are needed for preparing the Slovak food are only available in Slovakia itself. Slovak dishes differ from one region to the next and was influenced mainly by Hungary and Austria, two neighbouring countries. Pork, chicken and beef are very characteristic for Slovak food. People use these three kinds of meats in their dishes very often. Lamb or goose is not so popular kind of meat in Slovakia, but Goose Feasts are held in some restaurants, for example restaurant in Slovensky Grob. As regards to the other things that are quite popular in the Slovakia, bread has to be mentioned here. Slovak people use to eat bread for lunch with a soup and very frequently for their evening meal (Slovakiasite, 2016)

Most Slovaks start their day with a traditional breakfast which consists mainly of the bread with some ham, butter, jam or vegetables, boiled or fried eggs or even sausages. But now many young Slovaks are influenced by the foreign eating habits and they start to focus on more healthy lifestyle and therefore prepare fruits with granola and youghurt, smoothies and other healthy kinds of meals for their breakfasts. The main meal of the day is the lunch which is consumed around 11.30-12.00 noon. People who start in the work very early often have their lunch between 11.00-11.30 a.m. Many restaurants in Slovakia offer so called daily menu where people can choose from 3-4 meals and a soup between 11.00 a.m. until 3 o'clock in the afternoon. The typical Slovak lunch consists of the soup and a main course (Slovakiasite, 2016).

Traditional Slovak meals

Unique Slovakian food is so called bryndzové halušky, small dumpling potatoes that are eaten together with bryndza, it is the special type of traditional Slovak cheese. Other meals that are typical for Slovaks are for example granadír, this is the pasta with potatoes and onion., then zemiakové placky which mean the potatoe pancakes fried in oil with garclie and flour. When the Slovak visit already mentioned Goose Feasts they eat the goose together with lokše which are potatoe pancakes. The meal that Slovak prepared the most before 1991 consist mainly from the flour and these meals were for example dolky, smaller and thicker variety of pancakes, žemlovka which is the white bread baked with fruits and eggs, šišky (fried dumplings with jam), and perky that is jam-filled pasta with a sweet topping (Slovakiasite, 2016).

Traditional Slovak drinks

Slovaks are popular for their very good home-made brandy. They make plum brandy, apple brandy, pear brandy and many others. They know exactly how to do it and this tradition transfer from one generation to the other generation. They are proud of it and when friends or relatives come to the visit they are often offered by these kinds of brandy. Slovaks also have their own beer. Zlatý Bažant, Corgoň, Šariš or Topvar belongs among the most popular. Wine is very popular drink in Slovakia. The grapes from which the wine is are grown in the southern part of the country. Tokaj is probably the best-known label (Slovakiasite, 2016).

Spain

Spanish people start a day with a breakfast or desayuno that consists of cup of coffee, although it's also a commonplace to accompany your steaming café con leche with a croissant or other pastry. Traditional Spanish breakfast consists of the popular churros, served sprinkled with sugar or dunked in hot chocolate. The breakfast in Spain is quick and some of Spanish have their breakfast out in a café or a bar. Lunch is a big deal in Spain. In contrast to Slovaks, Spanish have their lunch between 2 p.m. and 4 p.m. It is also their main meal of the day and it is usually larger than dinner meal. The lunch takes approximately an hour and Spaniards like to sit and chat after having a lunch while

on the other hand Slovaks stand up straight after their lunch and continue to work. The lunch consists of several courses. The first course is the lighter part of the lunch and consists of salad or soup. The second course consists of fish or meat dish. Spanish also have their dessert as fruit, piece of cake or typical Spanish flan. Because many Spanish people eat full meals their Spanish dinner or *cena* are much smaller than the midday *comida*. It usually consists of salad, sandwich or a selection of *tapas*. Because of their late lunch in comparison with Slovaks, Spaniards have dinner around 9 o'clock in the evening. It is rare in Spain to find a restaurant opened before 8 p.m. (Enforex, 2016).

Eating in Spain is shaped by tradition, culture and habits. Spaniards like eating bread with everything, even with pasta and other heavy carbohydrate dishes. Spanish do not eat without water. The water is always served – there is no variation across families (The *tapas* lunch company, 2015).

Tapas

Tapas are a Spanish habit that is basically eaten during the time people are waiting for a lunch or a dinner. *Tapas* are usually ordered at a bar and eaten with a glass of wine or beer. Popular *tapas* consist of olives, mussels, Serrano ham or Iberico ham, small bean-based appetizers and a range of others depending on the region and the individual *café bar* (About-Spain, 2014).

Spanish specialities

Chorizo is a Spanish sausage that people eat hot or cold. It is spiced with paprika and is always tasty. Another Spanish speciality is a Spanish soup called *Gazpacho* which is a cold soup coming from Andalusia made of uncooked tomatoes, cucumber and peppers. Original Valencia dish is *Paella*. It means risotto of saffroned rice with prawns, shellfish, pieces of chicken, and other meat and diced peppers cooked in olive oil. *Tortillas* are omelettes that can be served as a *primer plato*. Potato omelette is a nourishing and quite filling *tapa* (About-Spain, 2014).