




Cuisine of Prešov region

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- The traditional basic components of the diet of the Prešov region: milk, potatoes and cabbage
 - dairy products
 - Alcoholic drinks



Bryndzové halušky

- with fried bacon
- Slovak national meal
- consists of dumplings made of potato dough mixed with a special kind of soft and salty sheep curd. Fried bacon chopped in tiny pieces is added to the ready meal, which makes it especially tasty. The traditional beverage to accompany the meal is sour milk or whey
- You can get and enjoy bryndzové halušky in a typical Slovak “koliba” restaurant or “salaš”

Bryndzové halušky



Štrapačky

- dish similar to bryndzové halušky where the base compound of the dish is halušky, however, instead of bryndza, stewed sauer cabbage is used



Lokše

- pancakes made of potato-dough baked directly on the stove
- With butter
- With goose



Placky

- potato pancakes fried in oil
- from grated or ground potato, flour and egg
- Beverage: sour milk



Rezeň (schnitzel)

- meat that is fried in some kind of oil or fat.
- coated with flour, beaten eggs and bread crumbs
- beef or pork



Bryndzové pirohy

- dumplings filled with salty bryndza cheese mixed with mashed potatoes
- served with some milk and topped with bacon or fried onion



Diary products

- The milk is drunk fresh or sour and all milk products such as whey, cottage cheese, bryndza (salted sheep curd) and sheep cheese
- Cheese products can be Smoked or fresh



Alcoholic drinks

- Specific distillate of Prešov region is borovička (for example Spišská borovička). Popular distillate is the plum brandy (slivovica) and hriatô (a mixture of fried bacon, spirit and honey).



Beer

- generally beer is very popular in Slovakia
- Slovak beers are of good quality, especially brand Šariš





Sources

- <http://slovakia.travel/en/slovak-gastronomy>
- [wikipedia.org](https://www.wikipedia.org)
- my mom's cooking skills and knowledge of regional cuisine



**THANKS FOR
YOUR ATTENTION
AND
ANY
QUESTIONS?**