

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Lungau Tauern Rye (Austria)

Spiced Christmas cake (Lebkuchen)

For 4 people

3 eggs
5 tablespoons of extra virgin olive oil
2 tablespoons of honey
baking soda
allspice
300 grams of Lungau Tauern Rye flour
250 grams of sugar
1 shot of espresso

For decorating
1 bar of dark chocolate
nuts

Preparation and cooking time: 1 hour

Mix the honey, eggs, and sugar until they form a creamy paste. Add the oil, allspice, baking soda, espresso, and then the rye flour. Put the mixture in a pan and bake for about 30 minutes at 180° C. Decorate with melted chocolate and nuts.



TRANSPOND



* Nova Iskra