

ÖSTERREICHISCHER LEBENSTIL UND ÖSTERREICHISCHE KULTUR (Austrian Lifestyle and Culture)

7 Common myths about Austrian food you need to stop believing

Myth seven: It's just meat

OK, so there is definitely some truth to this as Austrian cuisine is known to be hearty and vegetarianism is only a relatively comparative phenomenon, however Austria does offer a number of great vegetarian dishes.

The traditional *Käsespätzle* can be found all over the country and is both traditional and vegetarian, while

the *Grießnockerl* dumpling soup is a great way to warm up in winter.

Knödel are round, tasty dumplings made of either potato, bread or flour, although be sure to ask if it is vegetarian as occasionally they can have bacon pieces or be cooked in a meaty broth.

Given the presence of cheese and egg, vegan stuff can be a little more difficult to find unless you're in a larger town or city, but never underestimate the versatility of the humble potato.