Germany NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Demographics of Germany



Population/Capital City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ethnic Groups: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Religions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Languages: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chief Crops: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat Production: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arable Land: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Traditional German Meal Patterns**

Although German cooking may not possess the fantasy of Italian cooking or the refinements of French cuisine, this does not mean that it is poor tasting or bad. German home cooking or “gut burgerliche Kuche” is simple and substantial.

Traditionally, Germans eat 5 meals a day in contrast the North American 3 meals per day. This custom is slowly disappearing as the younger generations shift to a slimmer (healthier) body type that doctors approve of.

German’s start the day with breakfast or Frühstück. This is much more of a sit down meal than we see in N. America. Freshly baked rolls with jam are served along with eggs and coffee. In Northern Germany, this sometimes includes cheese and cold cuts.

The next meal, traditionally eaten between 9:00 - 10:00 in the morning (this one is disappearing), would be the second breakfast or the “Zweites Frühstück”. People would eat delicacies such as caviar and goose liver paté at this special meal.

Next was Mittagessen, the midday meal. This was the German main meal consisting of soup, a fish course, 1 or 2 meat dishes, a dessert and cheeses. Modern demands, such as more women in the work force, have taken away from the importance of this traditional meal. Now, it is more common for Germans to have a smaller lunch a bigger dinner. The fourth meal of the day is around 4 o’clock in the afternoon called “kaffe und Kuchen” or coffee and cake. Not always cake but could be cookies or pastry too.

Finally, there is Abendbrot or bread of the evening. It consists of just that, white, rye or dark bread spread with butter and served with an assortment of cold cuts and cheeses. Small hot dishes are giving way to larger meals because of the midday meal becoming smaller. If there was a bigger lunch then sometimes dinner is later (around 7:00-8:00 in the evening) with leftovers being the focus.

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**Meats**

German people traditionally ate large quantities of meat. People thought that a goose was too big for one person to consume, but too small for two to share.

The most popular meat in traditional German cuisine is fresh pork, then veal (baby cow/ calf) and beef. This is quite different from traditional North American preferences. The pork is most often smoked or cured while other meats are often braised (cooked in/with liquid). Germans tend to use every part of the meat animal – nothing is wasted.

Traditionally, meats were cured only with natural ingredients. They were pickled in brine or salted then cold- or warm-smoked. German cured meats include Kasseler, Knochenschinken, Lachsshinken, Westphalian ham and all the famous sausages discussed in the previous section.

* Kasseler is pork loin that is soaked in brine then smoked.
* Knochenschinken is ham on the bone that is dry salted, air dried then cold smoked.
* Lachsshinken is the eye of pork loin that is milk cured, warm smoked then encased in bacon.
* The famous Westphalian ham is boned, skinned, cured with rubbed salt and brine then smoked over a wood fire to which juniper berries have been added. This smoking process may take up to 5 weeks and produces a dark colour and a prominent smoky flavour.

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**Sausages**

Germans traditionally rejoiced when the pigs were harvested in November and wurst was made. Neighbours would all get together for Schlachtfest, a meal where they would sample the wurst and dine on the parts of the animal that could not be processed.

Today, pigs are taken to commercial plants where professional butchers do the work but the original types of wurst have remained the same and other types have been developed throughout the years.

Bruhwurst are smoked and scalded sausages made from pork, beef and sometimes bacon. There are 5 different varieties. Frankfurters do not require additional cooking and they are often served with a pork salad, with bread and mustard, or as a garnish for soups. They are similar to a North American hot dog weiner. Bochwurst are similar to frankfurters except they do not come from the Frankfurt area. Fleischwurst, or “extrawurst” (in Austria) are a much larger version of the frankfurter and are served on open sandwiches or on cold plates. Jagdwurst and Bierwurst are used in the same ways as above and are also cut into strips with apple, onion and gherkin pickles. The final type is Rostbratwurst which is most commonly fried or grilled.

Next are the Kochwurst and their 3 varieties. These boiled sausages are made from liver, tongue and blood for immediate consumption. The popular Leberwurst, or liver sausage, falls into this category and requires no cooking. Zungenwurst, sometimes called tongue sausage, also requires no cooking. Sulzwurst is an interesting sausage because it is in aspic (the sausage is set in a gelatin that is made from meat stock or consommé).

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**Cakes**

Germans are great kuchen (cake) eaters whose traditions surrounding the art of baking are still preserved. Today, every town has “die Bakerei” and “die Konditorei,” the bakery and pastry shops which serve as showcases. Afternoon coffee is a time when Germans eat the richest cakes and pastries. A woman may join her friends for coffee or more gracefully in her own living room around a table laid with flowers, choice porcelain dishes and a variety of cakes and cookies. As more women today work outside the home, this tradition may become less commonplace in time.

In the North, Zuckerkuchen and Streuselkuchen are most often eaten. Zuckerkuchen are the lovely sugar cakes and buns. Streuselkuchen are the flans which are crumbly in texture (crumb cake).

In the Southeast, Guglhupf and Hefenapfkuchen are typical. Guglhupf are sweet breads containing raisins, currants and almonds. Hefenapfkuchen are light, airy yeast buns. In this area comes perhaps the oldest cake, Lebkuchen. This spicy, honey-sweetened cake is traditionally moulded and decorated for all occasions. It is commonly compared to gingerbread.

Finally, one of the most famous cakes of the Germans and Austrians is strudel. Originally from Austria, it is most conventionally filled with apples. The rolls of thin pastry stretched across the kitchen table bring back memories to any German grandmother.

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**Breads**

Bread has always been a basic/staple food of German people. This may be partially due to the lack of available bread during the First and Second World Wars and in postwar periods.

The art of fine baking flourishes in the northern and central parts of Germany due to their abundant wheat crops. Wheat is the only grain which can make a truly soft and light bread. In the North, the climate is best suited for rye and barley. In this area, one finds many dark, solid loaves and flat breads which are quite plain compared to the fancy baking characteristic in the South.

Until a relatively recent awareness concerning nutrition and the value of dietary fibre, white bread was seen as a status symbol. Only the wealthy could afford to eat white bread which was baked exclusively in the cities. Most bread was baked in communal baking houses. This idea grew in a time when guildsmen (“professional” trades-people) were in sole charge of a community’s ovens. Women would carry their unbaked loaves of sourdough bread and pastries to these wood-heated ovens and personally tend to them as they baked.

Bakers became sculptors, creating breads for all occasions made from a white-wheat grain. Santas are braided for Christmas and Easter bunnies are made in the Spring. Today, breads are made in almost any shape, including the popular pretzel.

One of the most enjoyed varieties of bread in Germany is pumpernickel. This bread dates back 500 years and today is exported all over the world. Preparation is a long process including a 24 hour baking time in a low-heat oven.

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German Meal Patterns and Foods

1. German home cooking or “gut burgerliche Kuche” is described as: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Describe the following meals:

Breakfast: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Second Breakfast: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Midday Meal (Mittagessen): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Kaffe und Kuchen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Abendbrot or Bread of the evening: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Describe the process of curing meats: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Describe each of the following meats/sausages:

Kasseler:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lachsschlian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Westfalian Ham: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Bruhwurst: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bochwurst: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fleischwurst: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Kochwurst and the 3 varieties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Describe the following cakes:

Zuckerkuchen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Streuselkuchen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guglhupf: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hefenapfkuchen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lebkuchen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Strudel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. The art of fine baking flourishes in the northern and central parts of Germany due to:

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1. Bakers became sculptors creating breads for all occasions. List some examples.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. One of the most enjoyed varieties of German bread is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and it dates back more than \_\_\_\_\_\_\_\_ years.

