



**Tabletop Solutions**  
Food Service Consultants

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## Germany



Photo from [http://blogs.sfweekly.com/foodie/Walzwerk\\_sauerbraten3.jpg](http://blogs.sfweekly.com/foodie/Walzwerk_sauerbraten3.jpg)

### Meals:

- **Breakfast:** or *Frühstück* is a small to medium meal. Popular German breakfast items include bread, preserves, eggs, cold meats, cheese, coffee, and tea. Cereal is also becoming a breakfast staple in the country.
- **Lunch:** or *Mittagessen* Traditionally was the main meal of the day in Germany, but is now much lighter. Soups, meat dishes, and potatoes are all common German lunch items.
- **Dinner:** or *Abendbrot* is now the main meal of the day in Germany. Pork, beef, and chicken dishes served noodles or potatoes are the most popular meals, but it is also common to have bread, deli meats, sausages, and cheese for dinner.

### Frequently used Foods:

- **Fruits and Vegetables:** apples, tomatoes, currants, raspberries, potatoes, lemon, lettuce, corn, garlic, carrots, onions, celery, cabbage, chives, asparagus
- **Protein:** eggs, pork, beef, chicken, veal, trout
- **Spices:** Dill weed, Hungarian paprika, parsley, mustard, caraway, allspice, ginger, nutmeg, pepper, thyme, laurel, cinnamon, cardamom

- **Oils/Misc:** Sunflower oil, vegetable oil, chocolate, butter, horseradish

### **Ten Regional Favorite Dishes With Links to Interesting Recipes:**

- **Schnitzel:** [[recipe](#)] [[images](#)]
- **Laugenbrezel:** [[recipe](#)] [[images](#)]
- **Bratwurst:** [[recipe](#)] [[images](#)]
- **Kartoffelpuffer:** [[recipe](#)] [[images](#)]
- **Kasesespaetzle:** [[recipe](#)] [[images](#)]
- **Kartoffelsalat:** [[recipe](#)] [[images](#)]
- **Sauerbraten:** [[recipe](#)] [[images](#)]
- **Windbeutel:** [[recipe](#)] [[images](#)]
- **Scwarzwaldler Kirschtorte:** [[recipe](#)] [[images](#)]
- **Spargelsuppe:** [[recipe](#)] [[images](#)]

**Religion:** 34% of Germans are Roman Catholic.

### **National Holidays and Dietary Requirements:**

- **Easter Monday** (*Ostermontag*)- A public holiday in Germany, signified by various local customs. These include parades, walks in the countryside, and egg races.
- **May Day** (*Der Erste Mai, Tag der Arbeit*) - An ancient festival to welcome spring weather and drive away evil spirits. This is also an occasion to celebrate workers' rights, especially in Berlin.
- **Oktoberfest**- The world's largest fair held annually in Munich from late September through the first weekend in October. During the 16-day celebration, more than 6 million people come to enjoy a wide variety of amusement rides, games, food, and beer.
- **Day of German Unity** (*Tag der Deutschen Einheit*) is celebrated annually on October 3rd and is the national day of Germany. Commemorating the reunification of Germany in 1990, cities around the country hold festivals rich with food and beer.

- **Sunday of the Dead** (*Totensonntag*) is a religious holiday in the German Evangelical Church. This is a silent holiday to honor the dead, and in many regions music and dance events are prohibited.

**Etiquette:** It is proper in Germany to hold the fork in the left hand and the knife in the right, and utensils are to remain in one's hand for the duration of the meal, except to take a drink or pick up a piece of bread.

Germans rarely eat with their hands, particularly in formal settings, where foods such as pizza would be eaten with a fork and knife. There are some exceptions in informal settings and parties, where it is acceptable to eat a hamburger or sausage with only your hands.

**Food History:** Germany is a country full of intricate and delightful cuisine. Germany, over the last few centuries, has benefitted greatly from a close association with Italy and France, adopting many of their cooking methods and spices. Although German culinary exploits has modernized and taken on foreign influence, many components of traditional cuisine have stayed. Traditional ingredients and proteins still remain incredibly popular in the country, as well as spices like mustard, horseradish, and juniper.

Additional information and acknowledgements:

<http://germanfood.about.com/od/introtogermanfood/a/introtoger.htm>

<http://www.german-way.com/travel-and-tourism/germany-for-tourists/dining-out-in-germany/dining-etiquette-in-germany/>

<http://www.oktoberfest.de/en/>