

## German Food: From Schnitzel to Black Forest Gateau – Mahlzeit | Meet the Germans

<https://www.youtube.com/watch?v=rURdtPWHglo>

transcript: <https://dontveter.com/ec/germans3.pdf>

Bratwurst, spatzle, sauerbraten, falscher-Hase, maultaschen, Himmel un aad, schweinshaxe.

Let me be very German about this and give my honest opinion about traditional German dishes.

They're often very filling, pretty meaty, and usually sit somewhere on the spectrum from beige to brown.

German food often tastes good, but looks not so great.

Let's see what this German foodie makes of my assessment ...

Well, yes, I also do food photography and photographing something like goulash is always a bit of a challenge!

But, interestingly, most people see these dishes as soul food.

When people think of food that makes them feel good, that's connected to their memories and a feeling of comfort, things like a roast or schnitzel often come to mind.

And then who cares what it looks like?

It makes you feel good.

How would you describe traditional German food?

German food always includes a filling side.

You won't get anything without potatoes or pasta!

A classic meal that my grandparents made when I was little was pasta and fried potatoes, carbs on carbs on carbs!

And what are you going to cook for us later?

I'm making schnitzel!

Because when I was growing up it was the typical German dish that we ate a lot.

Of course, the schnitzel came to Germany from Austria.

Germany is bordered by nine different countries, and you can see the influence of those neighbors on regional cuisine near the borders.

As well as regional differences, there is a seasonal aspect, too.

Many Germans get very excited about traditional regional foods, such as asparagus, strawberries, cherries or kale.

Grünkohlessen (“eating kale”) is a special occasion when they get together to eat the leafy green usually served with cured sausage.

Hmmm, does barbecuing count as a seasonal specialty?

In any case, as soon as the first rays of sun appear in late spring, the Germans are ready to grill.

The first barbecue of the year is known as “angrillen”, and in one study, a decisive 97% of Germans said they like to grill.

Some key components of a German barbecue: lots of meat, potato salad, mustard, and little bread rolls that are completely impractical for putting sausages in.

Talking of bread, it’s obviously a huge part of the culture here.

So important, in fact, that I’ve already made a whole episode about it.

Do check that out.

But what else do we know about German tastes?

The nation’s favorite meat is pork.

Around 5% of the population is vegetarian and 1% vegan.

The top rated vegetables are tomatoes, carrots, onions and cucumber.

Favorite fruits are bananas, apples, oranges and melons.

The country also has a deep relationship with potatoes in every form.

Kartoffel (potato) is even used as a somewhat derogatory term for someone who is very German.

Finally, some herbs and spices that you might spot regularly in German recipes: parsley, dill, or in some regions, caraway seeds.

OK, now we’ve really worked up an appetite!

Take it away, Sascha.

Here we have our classic “panierstrabe” (breadcrumb street).

First in the flour.

Next it’s into the beaten egg.

Then comes the coating.

We’ve got a mixture of corn flakes and panko, which is interesting because panko is a type of Japanese breadcrumb.

I think that's a nice way to modernize this traditional German dish.

That goes into the pan for about two minutes on each side, at a medium heat, definitely not too hot.

It should bubble nicely as you brown the schnitzel.

Schnitzel and potatoes go hand in hand.

Whether that's sauté potatoes, fries or boiled potatoes – it's up to you.

And our schnitzel is ready.

To express that you hope that someone enjoys their meal, you can say "guten appetit", or more casually, "guten hunger".

But if you're feeling particularly German, why not throw "mahlzeit" into the mix?

It literally means "mealtime", but particularly around lunchtime, it's a perfectly acceptable greeting.

The appropriate response is "mahlzeit".

Talking of mealtimes, at breakfast, the Germans are generally split into two camps: bread with cold cuts, egg, cheese or sweet spreads, or some kind of muesli, cereal or sweet porridge.

The main warm meal of the day is usually taken at lunchtime.

Having grown up eating cold lunches – usually sandwiches – I still can't adjust to this, especially because it can take quite a while to recover from an enormous portion of hot German grub in the work canteen.

Oh, and lots of Germans have lunch really early.

I have colleagues who go to lunch before midday.

The evening meal can be as simple as "abendbrot" (evening bread) – which, to be honest is kind of like having breakfast all over again.

But habits are changing and about a third of Germans now eat their main warm meal in the evening.

According to a recent report, three quarters of Germans enjoy cooking.

When they're not in lockdown around a half eat out once a month and a quarter eat fast food once a week.

The international cuisine on offer in Germany is telling of the nation's immigration history.

A small shop or stand offering speedy take out food is called an "imbiss", which comes from the old German for a meal.

But what about in-between meals?

The most popular snacks in Germany are chocolates and crisps.

<https://www.delightedcooking.com/what-is-the-difference-between-crisps-and-chips.htm>

I can't for the life of me understand the country's obsession with paprika flavor.

But hey, each to their own.

OK, but what's for dessert?

I was a little disappointed to find that this course doesn't seem to get that much attention here.

But cake lovers, fear not!

There's always "kaffee und kuchen" (coffee and cake) to look forward to.

This traditional German pastime that dates back to the 17<sup>th</sup> century is something that you typically do with your parents or your grandparents in the afternoon.

For the full experience, crack out the fancy coffee cups and cake forks.

Some classic German cakes include black forest cake, bee sting, and marble cake.

Tell me your German food likes and dislikes below!

And look out for more German food delights over on Instagram.