

German cuisine



Goulash Soup (Gulaschsuppe)

Ingredients:

- 2 lbs. beef (cut in small cubes)
- 3 tbsp. oil or butter
- 4 medium onions (chopped)
- 1 clove garlic (minced)
- 2 tbsp. paprika
- salt & pepper tp taste
- 1 tsp. caraway seeds
- 3 tbsp. tomato paste
- 1 bay leaf
- 3 c. water
- 2 c. beef broth
- 1/2 c. red wine
- 4 medium potatoes (cubed)

Method:

1. Brown the meat in oil or butter. Add the onions and garlic and fry until the onions are translucent.
2. Add the paprika, bay leaf, caraway seeds, water, and broth. Bring to a boil, cover, and simmer for about 45 minutes.
3. Add the potatoes and simmer for an additional 45 minutes. Stir in the tomato paste and red wine. Salt and pepper to taste. Remove the bay leaf before serving.



Sausage Salad (Wurstsalat)

Ingredients:

- 1 teaspoon German or Dijon mustard
- 2 tablespoons olive oil
- 3 tablespoons wine vinegar
- 3 tablespoons cold beef stock
- 1 teaspoon sugar
- ½ teaspoon salt
- 1/8 teaspoon cracked black pepper
- 1 lb. precooked knockwurst
- 1 medium onion
- 1 medium boiled potato
- 1 hard cooked egg
- 2 dill pickles
- Lettuce leaves



Method:

1. Combine mustard, olive oil, vinegar, beef stock, sugar, salt and pepper into a bowl and whisk well. This is your dressing.
2. Peel and slice the precooked knockwurst into strips. Cut onion into thin rings. Dice the boiled potato. Slice the pickle thinly.
3. Place knockwurst, onion, potato, and pickle in large bowl. Pour dressing over salad and toss gently.
4. Refrigerate 2 hours. Peel and thinly slice egg; mix with salad. Serve on lettuce leaves with a side of rye bread.

Weiner schnitzel

Ingredients:

- 4 thin boneless pork chops or veal chops
- 1/2 c. oil (I use olive oil)
- 3/4 c. fine bread crumbs
- 2 eggs
- salt & pepper
- 2 lemons



Method:

1. Heat the oil in a large skillet at medium high heat. Place each chop between two sheets of plastic and pound with the smooth side of a meat tenderizer until thin (1/4" - 3/8").
2. Beat the two eggs in a bowl that is wide enough to dip the meat into. Spread the bread crumbs onto a plate or flat surface.
3. Take each cutlet, season with salt and pepper and dip both sides of meat into eggs to coat. Then coat the entire cutlet with the bread crumbs.
4. Place in hot oil and cook on both sides until golden brown. It only takes about 1-2 minutes per side. Serve each cutlet with half a lemon on the side. Some people go ahead and squeeze the lemon onto the schnitzel before serving; others prefer to squeeze the lemon juice onto the meat just before they eat it.

Sweet and Sour Red Cabbage (Rotkohl)

Ingredients:

- 4 Tablespoons rendered bacon fat
- 2 Tablespoons sugar
- 1 small yellow onion, chopped
- 4 cups shredded red cabbage
- 2 tart red apples, such as Jonathan, cored and sliced thin but not peeled
- 2 Tablespoons cider vinegar
- 1/2 teaspoon caraway seeds
- 1 to 1-1/2 pounds German -style smoked sausage links, or bratwursts
- 1 pound new potatoes
- Salt and fresh-ground black pepper to taste
- 1 cup beer



Method:

1. Melt the bacon fat in a large skillet over medium heat. Add the sugar and cook, stirring often, until the sugar browns, about 4 minutes. Reduce the heat to medium-low, add the onion, and sauté it until it is golden, about 5 minutes.
2. Add the cabbage, apples, vinegar, and caraway seeds, and stir to blend.
3. Place the sausage links and the potatoes on top of the cabbage mixture. Season with salt and pepper and pour the beer over all.
4. Bring the mixture to a boil over medium-high heat, reduce the heat, and simmer, covered, for 45 minutes. Taste, adjust the seasonings, and serve hot.

Sauerbraten

In Germany, the Sauerbraten method was often used in cooking Venison or other game, as the spices and vinegar took away the “wild” taste of the meat. Most everyone today makes it with beef.

Ingredients:

- 4-pound lean beef roast (Preferably rump or eye of round)

Marinating Mixture:

- 2 C. red wine vinegar
- 2 C. red wine
- 2 C. water
- 1 large onion, sliced
- 2 bay leaves,
- 3 cloves garlic
- 10 peppercorns



Method:

1. Heat marinating mixture to a simmer, then turn off heat.
2. Pour mixture over meat in a large bowl, and allow it to cool. Cover and refrigerate for 3-5 days.
3. Remove meat from marinade and drain fully. Strain and keep the marinade.
4. Brown the roast in enough oil to cover the bottom of the Dutch Oven. (Dredging the roast in flour before browning will help keep the oil from spattering.)
5. Slowly add 2 cups of the marinating liquid. (Save 1 C. of the liquid for the gravy.)
6. Reduce heat, cover the kettle and allow to simmer for 2 ½ hours, or until roast is tender. Remove it to a large platter, keeping it warm.
7. To make the gravy, thicken the cooking liquid with flour, cornstarch, or crushed gingersnaps. If more flavor is needed, add some beef base or bouillon cubes. The Sauerbraten should be sliced and served with Spaetzles, Potato Dumplings, or mashed potatoes.

German Spätzle (egg noodles)

Ingredients:

- 3 cups flour
- 4 eggs
- 1/4 tsp. Nutmeg (optional)
- 1-2 tsp. salt
- 1 quart cold water



Method:

1. Stir flour, eggs, salt, and 1/2 cup of water. Beat until batter is smooth and no longer adheres to the spoon. Add water as needed. The spaetzle dough can be firm enough to be rolled and cut into slivers or soft enough to be forced through a sieve, colander or spaetzle-maker with large holes.
2. Bring a pot of salted water to a boil. If you have a Spätzle press, press the dough through the press and into the boiling water. If you do not have a press, place dough on cutting board and roll out. Cut dough into tiny noodles. Add noodles to boiling water. They cook quickly and are done when they float back to the surface. As the noodles finish cooking, remove them with a slotted spoon.
3. You can sauté' the noodles in a Tbsp. of butter before serving.
Other Suggestions: Serve with a brown gravy (shown in picture) or beef stock.

Hot German Potato Salad (Kartoffelpuffer)

Ingredients:

- 3 pounds small red-potatoes (about 2 inches in diameter), washed well
- 10 slices bacon, cut crosswise into 1/4-inch strips (about 1/2 pound)
- 1 large onion, chopped (about 1 1/2 c)
- 1/2 teaspoon sugar
- 3 tablespoons cider vinegar
- 3/4 cup beef broth
- 2 tablespoons chopped fresh parsley leaves



Method:

1. In a large saucepan combine potatoes with salted water to cover by 1 inch and simmer until just tender, about 20 minutes.
2. While potatoes are cooking, in a large heavy skillet cook bacon over moderate heat, stirring, until browned and crisp and transfer with a slotted spoon to paper towels to drain.
3. Drain potatoes and let stand until cool enough to handle. Cut potatoes into eighths and in a bowl combine with bacon. Keep mixture warm, covered.
4. Pour off all but 3 tablespoons fat from skillet and sauté onion over moderately high heat, stirring, until softened, about 3 minutes. Add sugar, 2 tablespoons vinegar, and broth and simmer 2 minutes. Add onion mixture to warm potatoes with parsley and remaining 1 tablespoon vinegar, tossing gently, and season with salt and pepper.
5. Serve potato salad warm or at room temperature, garnished with parsley.

Potato Pancakes

Ingredients:

- Hash Brown potatoes
- Flour
- 2 teaspoons salt
- 2 eggs
- Vegetable oil



Method:

Combine hash browns, diced onion, flour, salt, and eggs into a bowl. Mix well.

In a large, heavy skillet heat oil until hot. Drop potato batter (1/4 cup per pancake) into skillet and fry until golden brown and crisp on both sides.

Drain on a paper towel.

Sauerkraut (Weinkraut)

Ingredients:

- 1 qt sauerkraut
- 1/4 c sliced onion
- 2 Tbsp. butter or bacon drippings
- 2 or 3 medium-size apples
- 1 1/2 c white wine
- 1/2 c beef stock or bouillon
- 1 tsp. brown sugar
- 1 tsp. celery seeds
- 1 tsp Juniper berries, optl.

Method:

Drain kraut slightly. Cook onion in butter or drippings until transparent. Add sauerkraut and stir; cook slowly. Wash, peel, and core apples; dice fruit and add to sauerkraut. Add wine and enough stock or bouillon to cover. Cook slowly, uncovered, for 30 minutes. Add sugar and celery seeds; cover and finish cooking in moderate 325° oven 30 minutes longer.



Cake (Kuchen) – From just *Butter* to your favorite *Seasonal Fruit*

This Kuchen (some people say KOO-ken and some say KOO-gan) is very popular because it is such a marvelous way to display the beauties of fresh fruit in season. The fruit is baked on top of the cake, making a most appetizing picture.

Ingredients:

- 1/2 cup (1/4 lb) soft butter
- 1/2 cup sugar
- 3 eggs
- 1/2 teaspoon vanilla
- 1 cup unsifted all purpose flour
- Fruit topping and additional flavorings as suggested



(Plum Kuchen shown)

Method:

1. In the small bowl of your electric mixer, cream butter with sugar until smoothly blended. Beat in eggs, one at a time, beating thoroughly after each addition. Stir in the vanilla and flour and mix well.
2. Butter and flour an 11-inch round shallow pan (a tart pan with removable bottom is the most desirable shape, although you can use a fixed-bottom pan). Spread the batter evenly in the pan and arrange fruit over the surface according to directions following.
3. Bake cake in a 375 F. oven for 40 minutes, or until cake feels firm when touched in the center. Let cake cool at least 30 minutes on a wire rack. Remove pan rim, if possible, and serve cake warm; or cool completely and serve cold. Makes 10 to 12 servings.

PLUM TOPPING. Cut 14 to 16 Italian plums (fresh prunes or purple plums, freestone plums) in halves and remove pits. Arrange halves, cut side up, over the surface of the unbaked Butter Kuchen, placing them close together. Sprinkle fruit evenly with 2 to 3 Tablespoons sugar, then bake and cool as directed.

About 30 minutes before you want to serve the cake, dust the surface liberally with powdered sugar.

PEAR TOPPING: Add to the Butter Kuchen batter along with the vanilla, ¼ teaspoon anise seed, ½ teaspoon anise extract, and 1 teaspoon grated lemon peel. Pour the batter into the pan as directed. Cut 3 large Bartlett pears in halves lengthwise, core and stem; then slice off the rounded back of each pear half and cut each of these pieces in half lengthwise, too. Arrange large pear slices on the cake batter, then fit the little pieces in between the large slices. Sprinkle pears with 2 tablespoons lemon juice, ½ teaspoon anise seed, and then 2 to 3 Tablespoons sugar. Bake as directed.

NECTARINE TOPPING: Peel 3 large nectarines, and then cut from the pits in thin slices (or pit and slice if freestone). Mix fruit with ¼ teaspoon nutmeg; arrange the slices neatly, overlapping concentrically on the surface of the Butter Kuchen batter. Sprinkle evenly with 1 ½ to 2 tablespoons sugar. Bake as directed for the butter Kuchen. While still warm, brush top of cake lightly with 2 tablespoons warm orange marmalade.

PEACH-ALMOND TOPPING: Whirl ¼ cup almonds in a blender to consistency of fine powder (or grind through the fine blade of a food chopper), then blend thoroughly with 2 tablespoons soft butter, 4 tablespoons EACH all purpose flour and brown sugar, and ¼ teaspoon almond extract until mixture is crumbly. Set aside while you prepare the cake.

Peel, halve, and pit 4 large peaches and cut each half in quarters. Arrange the fruit in rows on the Butter Kuchen batter. Sprinkle fruit evenly with 2 tablespoons sugar. Bake for 30 minutes.

Remove kuchen from oven and quickly make a border on the cake of the prepared almond mixture. Return kuchen immediately to the oven and continue to bake 10 minutes more, or until cake feels firm when lightly touched in the center.

Apple Strudel (Apfelstrudel)

Ingredients:

for the dough:

- 10-1/2 oz. bread flour
- 1/6 oz. salt
- 1-1/2 oz. vegetable oil
- 5-1/3 oz. water, lukewarm

for the filling:

- 4-1/2 lb. apples (Golden Delicious), sliced
- 5-1/3 oz. granulated sugar
- 1-1/2 oz. dark rum (Myers)
- 5-1/3 oz. raisins
- 1/8 tsp. ground cinnamon
- 2 lemons (juice and peel)

for the buttered breadcrumbs:

- 10-1/2 oz. butter (unsalted)
- 10-1/2 oz. bread crumbs



Method:

Knead flour, salt, oil and water into a medium-firm dough. Divide into 3 small round loaves; brush each loaf with melted butter and let sit for 1 hour.

Peel, core and slice apples. Mix in granulated sugar, raisins, grated lemon peel, lemon juice, rum, cinnamon and blend together well.

Roll the dough loaves with a rolling pin, then stretch rolled dough on a strudel sheet with the backs of your hands. Coat 2/3 of dough sheet with buttered breadcrumbs, spread apple filling over remaining 1/3 of dough. Tear off edges, shape strudel into roll by lifting strudel sheet. Place strudel on a buttered baking sheet and brush with melted butter. Bake strudel for 60 to 90 minutes in a 400 degrees F to 425 degrees F oven.

Black Forest Cake (Schwarzwälderkirchtorte)

Ingredients:

- 2 cups flour
- 1 ½ cups sugar
- 1 ¼ cups milk
- ½ cup butter
- 1 ½ teaspoon soda
- 2 eggs
- ½ cup cocoa
- ½ teaspoon red food coloring
- 1 teaspoon vanilla

filling:

- 1 can (21 oz.) cherry pie filling, chilled.

soaking liqueur:

- Simple Syrup of Sugar and water
- Cherry Brandy (kirshwasser)
- Orange and lemon halves, squeezed

frosting:

- 2 T powdered sugar
- 1 c heavy cream, whipped
- 12 maraschino cherries, garnish



Method:

1. Cream butter and sugar together. Add eggs, flour, milk, baking soda, cocoa, red food coloring, and vanilla. Blend on low, scraping constantly. Beat 3 minutes on high speed. Pour into two 9 inch round cake pans that have been greased and floured. Bake at 350° for 30-35 minutes. Cool thoroughly.
2. Whip heavy cream with confectioners' sugar.
3. Slice each cake round horizontally to make four layers. Place one layer on flat plate. Lightly soak each layer of cake with the soaking liqueur.
4. Fill pastry bag with whipped cream and pipe a generous ring around edge of cake layer. Fill exposed ring of cake with cherry pie filling. Place third layer on top, and frost entire cake with whipped cream. Crumble the fourth layer into fine crumbs and sprinkle on sides of cake.
5. Using whipped cream, pipe 12 rosettes on top of cake and top each with a maraschino cherry.
6. Garnish the center top of cake with the rest of the chocolate crumbs.

German Rye Bread (Roggenbrot)

Ingredients:

- 2 pkg yeast; active dry
- 1/2 cup warm water
- 1 1/2 cups milk; lukewarm
- 2 tbsp. sugar
- 1 tsp salt
- 1/2 cup molasses
- 2 tbsp. butter
- 3 1/4 cups rye flour; unsifted
- 2 1/2 cups bread flour; unsifted
- ¼-½ cup diced marinated orange rind (optl)



Method:

1. Dissolve yeast in warm water.
2. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour. A
3. Add white flour by stirring until the dough is stiff enough to knead. Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour.
4. Cover dough and let rise 1 1/2 hours or until double. Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours.
5. Preheat oven to 375° F. Bake for 30-35 minutes. Makes 2 round loaves.

Germany is situated in Central Europe, with a 2,389 km coastline on the Baltic and North Seas and borders with France, Poland, Russia, Czechoslovakia, Holland (The Netherlands), Austria, Switzerland and Denmark, all of which countries, or at least portions thereof, were part of the German Empire at one time or another.

Ancient Times and Influences on German Cooking

The fertile terrain and ample water supplies made for good grazing and Germany has always been rich in beef, dairy cattle, sheep, and pigs. Thus, until the Middle Ages, the German diet mainly consisted of meat and their by-products i.e. milk and cheese. Smoking, marinating and salting techniques were developed to store the abundance of meat, a practice which has survived and is evident with their myriad of sausages and preserved foods.



The Romans were the probably the first to make any significant comment on German food. Latin literature records that German cuisine was a simple affair, consisting of a lot of meat and a lot of mead. By 96 AD, the Romans completed their colonization of regions in southern Germany and it is undeniable that their eating and drinking habits influenced the German cuisine.

Not much is known about the period after the Romans withdrew, but there seems to have been a culinary revival with the spreading of Christianity and the inevitable founding of monasteries. Another influence came with the political stabilization of Western Europe under Charlemagne around the 8th century. It was at that time that extensive cultivation of grapes, vegetables, fruit and herbs was recorded. Also, with this stability came wealth (at least for some) and it was the ruling classes who were responsible for introducing spices from around the adding another dimension to traditional German cooking.

The following period of wars probably had the most influence on modern-day German cuisine. Both France and parts of Italy were conquered and now came under Charlemagne's rule, as did Switzerland and Austria. One doesn't immediately think of German cuisine being akin to French cuisine, but it's certain that culinary customs were picked up from both the French and Italians. By the 18th century sugar, rice and potatoes (introduced by King Frederick the Great of Prussia) became widely available to the German populace.

Current Day German Cuisine

Today simple but substantial food remains a characteristic of German cuisine. Meat, Game, game birds and rabbit are considered traditional foods, as is the use of juniper berries, with mustard and horseradish being common condiments. The renowned Sauerkraut is still popular as are their vast range sausages (wurst), specialty cured meats and dairy products e.g. cheese, often eaten with Pumpernickel bread which originated in Northern Germany.

As one would expect, the geographical differences and the bordering countries still have an influence on regional cuisine. Cooking in the north still tends to reflect the customs of the nearby Scandinavian countries. The diet here is much heavier than that in the south, with an emphasis on meat and potatoes. In the south, a lighter cuisine can be found with strong influences from nearby Italy and Austria. Also grain products are substituted for potatoes in many instances e.g. Spatzle which is a special type of pasta noodle.

German cuisine

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A German style buffet→



German cuisine is a style of cooking derived from the nation of [Germany](#). It has evolved as a national [cuisine](#) through centuries of social and political change with variations from region to region. The southern regions of Germany, [Bavaria](#) and [Swabia](#) share many dishes. Ingredients and dishes vary by province. There are many significant regional dishes that have become both national and regional. Many dishes that were once regional, however, have proliferated in different variations across the country in the present day.

Agriculture figures highly into the diet of [Thuringia](#) with about half of the state being used for agriculture. One-third of Thuringia is covered in forest, and is considered to be one of the best game hunting regions in Germany.

[Cereal grains](#) compose sixty-two percent of the cultivated land in [Saxony-Anhalt](#). [Wheat](#), [barley](#), [oats](#), and [rye](#) are grown, with the rye being grown near [Borde](#) where the rye is used to make [Burger Knackebrot](#), a crisp flatbread produced there since 1931.

[Würchwitzer Spinnenkase](#) is a cheese produced in [Würchwitz](#) made from allowing [quark](#) to sit amongst thousands of [dust mites](#) that transforms the cheese into a highly desired delicacy. The mites excrete an enzyme that ripens the cheese, after one month the cheese turns to a yellowish color, after three months it turns reddish brown, after a year the cheese turns to a blackish lump which is desirable to some aficionados.

[Pork](#), [beef](#), and [poultry](#) are the main varieties of meat consumed in Germany, with pork being the most popular. The average person in Germany will consume up to 33 kg. (72 lbs.) meat in a year. [Trout](#) is the most common freshwater fish on the German menu as well as [pike](#) and [carp](#) which are all enjoyed greatly. [European perch](#) is also frequently served. Seafood was traditionally restricted to the northern coastal areas except for pickled [herring](#),

[Asparagus](#), especially white asparagus known in English as [spargel](#) (the German name for asparagus), is a common side dish or may be prepared as a main dish. Restaurants will sometimes devote an entire menu to nothing but white asparagus when it is in season. [Potatoes](#), while a major part of the German cuisine, are usually not counted among vegetables by Germans.

[Noodles](#) are usually thicker than the [Italian](#) pasta and often contain [egg yolk](#). Especially in the south-western part of the country, the predominant variety of noodles called [Spätzle](#) are made with large amounts of egg yolk. Potatoes and [dumplings](#) ([Klöße](#) or [Knödel](#)) are very common,

especially in the south. Potatoes entered the German cuisine in the late 18th century and were almost ubiquitous in the 19th and 20th centuries. Potatoes are most often served boiled in salt water, but mashed and fried potatoes also are traditional.

Generally, with the exception of mustard for sausages, German dishes are rarely hot and spicy — the most popular herbs are traditionally [parsley](#), [thyme](#), [laurel](#), [chives](#), [black pepper](#) (used in small amounts), [juniper berries](#) and [caraway](#). [Cardamom](#), [aniseed](#), and [cinnamon](#) are often used in sweet cakes or beverages associated with Christmas time, and sometimes in the preparation of sausages, but are otherwise rare in German meals. [Mustard](#) ("Senf") is a very common accompaniment to sausages and can vary in strength. Düsseldorf and the surrounding area is known for its particularly spicy mustard, which is used both as a table condiment and in local dishes. In the southern parts of the country, a sweet variety of mustard is made which is almost exclusively served with the Bavarian speciality [Weißwurst](#). German mustard is usually considerably less acidic than American varieties. [Horseradish](#) is commonly used as a condiment either on its own served as a paste, enriched with cream ("Sahnemeerrettich") or combined with mustard. In some regions of Germany it is used with meats and sausages where mustard would otherwise be used. [Garlic](#) was long frowned upon as "making one's breath smell bad and ghastly" and thus has never played a large role in traditional German cuisine.

A wide variety of [cakes](#) and [tarts](#) are served throughout the country, most commonly made with fresh fruit. Apples, plums, strawberries, and cherries are used regularly in cakes. [Cheesecake](#) is also very popular, often made with [quark](#). [Schwarzwälder Kirschtorte](#) is another very well-known cake, made with cherries.

Regarding [bread](#), German cuisine is more akin to Eastern than to Western Europe. Depending on definition there are 300-600 different types of bread, ranging from white [wheat](#) bread to grey bread (*Graubrot*) and "black" (*Schwarzbrot*), actually dark brown [rye](#) bread. Most types of bread contain both wheat and rye flour (hence *Mischbrot*, mixed bread), and often wholemeal and whole seeds (such as [linseed](#), [sunflower](#) seed, or [pumpkin](#) seeds) as well. [Pumpernickel](#), a [Westphalian](#) black bread, is not baked but steamed, and has a unique sweetish taste. Bread is a big part of the German cuisine, usually eaten for breakfast and in the evening as sandwiches, but rarely as a side dish for the main meal. The importance of bread (*Brot*) in German cuisine is also illustrated by words such as *Abendbrot* (meaning supper, literally *Evening Bread*) and *Brotzeit* (snack, literally *Bread Time*). In fact, one of the major complaints of the German [expatriates](#) in many parts of the world is their inability to find acceptable local breads. Germany has the widest variety of breads available. About 6,000 types of breads and approximately 1,200 different types of pastries and rolls are produced in about 17,000 bakeries and another 10,000 in-shop bakeries. Bread is served with almost every (non-main)-meal. Bread is considered important for a healthy diet.

Traditionally, the main meal of the day has been lunch (*Mittagessen*), eaten around noon. Dinner (*Abendessen* or *Abendbrot*) was always a smaller meal, often consisting only of a variety of breads, meat or sausages, cheese and some kind of vegetables, similar to breakfast, or possibly sandwiches. However, in Germany, as in other parts of Europe, dining habits have changed over the last 50 years.

Today, many people eat only a small meal in the middle of the working day at work and enjoy a hot dinner in the evening at home with the whole family. This is also the reason why the availability of cheap restaurants close to the office or the existence of a factory canteen cannot be assumed automatically.

Beer is very common throughout all parts of Germany, with many local and regional breweries producing a wide variety of superb beers. Beer is generally not as expensive as in other countries and is of excellent quality. The [pale lager pilsener](#) is predominant in most parts of the country today, whereas [wheat beer](#) ([Weissbier](#)) and other types of [lager](#) are especially common in Bavaria. Beer is generally sold in bottles or from draught. Canned beer is available, but its consumption in public has the reputation of [alcoholism](#).^{[[citation needed](#)]}

Wine is also popular throughout the country. [German wine](#) comes predominantly from the areas along the upper and middle [Rhine](#) and its tributaries. [Riesling](#) and [Silvaner](#) are among the best-known varieties of white wine, while [Spätburgunder](#) and [Dornfelder](#) are important German red wines. The sweet German wines sold in English speaking countries seem mostly to cater to the foreign market, as they are rare in Germany itself.

Drinking Water of excellent quality is available everywhere and at any time in Germany. [\[1\]](#) Water provided by the public water industry can be drunk without hesitation directly from the tap. No chloride is added. Drinking water is controlled by state authority to make sure it has got suitable attributes for humans. Regulations are even stricter than those for bottled water ([Trinkwasserverordnung](#)). There is no need at all to buy water in bottles in Germany.

All cold drinks in bars and restaurants are sold in glasses with a calibration mark (*Eichstrich*) that is frequently checked by the *Eichamt* to ensure that the guest is getting as much as is offered in the menu. If the liquid of a served drink is below that line, the guest may refuse the drink or require a correctly filled one. A common rule for beer — with foam — is that the liquid-foam-line must not be more than one centimeter below the *Eichstrich*, otherwise a Munich resident would refuse the *Maß* at the [Oktoberfest](#). This marking is unique to Germany.

East German [cafeterias](#) had a unified cuisine. Over the entire country cafeterias in companies and schools served the same food. The cafeterias were commonly run by the national HO ([Handelsorgan](#)) organization. They had a list of approximately 300 dishes that tasted almost the same everywhere, since the recipes were standardized.

With the influx of foreign workers after [World War II](#), many foreign dishes have been adopted into German cuisine — [Italian](#) dishes like [spaghetti](#) and [pizza](#) have become a staple of German cuisine. [Turkish](#) immigrants have also had a considerable influence on German eating habits — [Döner kebab](#), a meat sandwich invented by [Berlin](#) Turkish immigrants, is Germany's favourite fast food, selling twice as much as the major [burger](#) chains put together (namely [Mc Donald's](#) and [Burger King](#), being the only widespread burger chains in Germany). [Chinese](#) and [Greek](#) food is also widespread and popular. [Indian](#), [Thai](#) and other Asian cuisines are rapidly gaining in popularity