Now add:

- 200 grams sugar (1 cup)
- 1 teaspoon vanilla sugar (*Vanille-Zucker*)
- Grated rind of 1 lemon
- Pinch of salt

Bring to boil once more. Mix 60 grams (1/2 cup) corn starch (*Maisstärke*) with ½ cup or so of water to make a paste (so the corn starch won’t lump). Add the not too thick paste to the fruit mixture and cook over low heat, stirring until thick and clear.

Rinse out small dessert dishes with cold water (don’t dry), and put about 25 grams (about 2 tablespoons) of uncooked fruit in each dish. Pour hot fruit mixture over fruit in bowls. Chill. Serve chilled with milk, plain cream, or vanilla sauce.

Note: Other fruit combinations may be used – usually red fruits. Sour cherries are nice. The essential ingredients are red currants and black currants (the latter to give it “bite”). Black currants can be difficult to find however, so you may substitute bottled currant juice (available in the *Reformhaus*). You may have to make adjustments for sugar as the bottled juice will most probably be sweetened.

**Vanilla Sauce**

- ¼ liter sweet cream or milk (cream preferred)
- ½ vanilla beans
- 1 teaspoon cornstarch (*Maisstärke* or *Speisestärke*)
- 2 egg yolks
- 1 tablespoon sugar

Bring cream or milk and vanilla bean to a boil. Dissolve cornstarch with small amount of cold water, then add hot mixture and cook a little longer. Beat egg yolks together with sugar and beat into the sauce (DON’T BOIL!) and remove from heat. Remove vanilla bean and cool the sauce set in a pan of cold water. Stir frequently. Serve chilled in a small pitcher.

**Yogurt:**

Bring 1 liter (not H-milch) regular or skim milk to a boil. Cool until hot to finger. Add 2 tablespoons regular or skim milk yogurt. Stir until blended. Pour into bowl in a warm place for 6 hours or overnight. Keeps for 5-6 days. If desired, you may add fruit or honey when ready to serve.

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**Your German Kitchen Survival Guide**

*Courtesy of the Stars and Stripes*

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compiled by Tina Bastien

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**Rote Grütze a là Hamburger Rotweinkeller**

400 grams red currants (*rote Johannisbeeren*)
150 grams black currants (*schwarze Johannisbeeren*)
250 grams raspberries (*Himbeeren*)

Pick over and wash fruit briefly under running water - not necessary to pick currants off stems. Put fruit in large pot and cover with 5 cups (1 ¼ liters) water or fruit juice. Let simmer one hour. Press fruit through sieve and discard pulp. You should have about 1 ½ liters of liquid – add more water if necessary.
with the red wine. Add raisins and almonds. Heat but do not boil. Serve piping hot in glass mugs. Have a silver spoon in each cup to prevent breakage and with which to eat the almonds and raisins.

Glühwein: This is a very popular winter warmer-upper in Germany and is quite easily made. Bags (like tea bags) of pre-portioned spices are marketed under the name Glühfix, and are available at most grocery stores.

To: 1 mug of red or white wine  
Add: 1 lemon slice studded with 1 clove 1 sugar lump  
Steep: 1 bag of Glühfix in above mixture to taste

Guacamole

2 avocados, mashed 1 teaspoon salt  
1 medium tomato, chopped 1-2 teaspoon chili powder 1 small onion finely chopped

You may add one or all of the following to make your own combinations:

- Lime juice
- 1 clove garlic, pressed or mashed
- 1 small green chili, chopped
- 1/8 teaspoon coriander
- Pinch of cayenne
- Dash of Tabasco
- Fried and crumbled bacon

All ingredients should be mixed together, but the guacamole should remain chunky. Guacamole can be eaten without the traditional tortilla chips – try it with sliced carrots, cucumber sticks, celery, etc.

Mulled Cider: It is good to be aware that cider (Apfelwein or Cidre) in Germany is hard – or fermented – cider. If you make this recipe for children, substitute apple juice.

Combine in large saucepan: 2 liters cider  
½ cup brown sugar 2 – 2” cinnamon sticks 1 teaspoon whole cloves 1 teaspoon whole allspice

Heat to simmering, cover and simmer 20 minutes. Strain to remove spices (or tie them in cheesecloth bag before adding to liquid). Serve hot in warm mugs. Flavor is improved if made in advance, strained, chilled, and reheated.

Onion Torte (Zwiebelkuchen): These can also be made as miniature tarts.

Dough: 400 to 500 grams (1 lb) puff pastry (Blätterteig) frozen  
Filling: 1 kilo (2.2 lbs) onions (Zwiebeln), chopped

Baking Products from A to Z

Baking Powder (Backpulver): German baking powder seems to be single-acting rather than like the American double-acting. Try the following: reserve 2-4 tablespoons of flour from your recipe and mix thoroughly with the German baking powder. Add it at the very last to the recipe so that it will “act” in the oven and not in the bowl.

Chocolate, Bitter: A rule of thumb is if you can eat it straight from the package, it is definitely NOT bitter baking chocolate as we know it. Bittere Schokolade (Zartbitter), Edelbitter, or Herren Schokolade, has 60% chocolate content, but it is sweetened. Try a substitution of 3 tablespoons cocoa (Kakaopulver) and 1 tablespoon butter, oil, or shortening to equal 1 square baking chocolate.

Chocolate, Semi-Sweet: This either called Halb-bitter or Zartbitter. If you can’t remember the name, just look on the back of the wrapper and the chocolate content will appear as “Kakao: 50% mindestens”, which means at least 50% chocolate, ergo, semi-sweet. If you are aghast at the price of chocolate chips (Schokolade Tropfchen), use a sharp knife to cut a bar of semi-sweet chocolate into small pieces and substitute.

Raspelschokolade: There are semi-sweet chocolate flakes for sprinkling on cakes, ice cream, etc. They are handy to have for decorating. You can find them in the baking section of groceries; another possibility is Schokohagel or chocolate sprinkles.

Corn Syrup: As this is not available here you may try substituting the English Lyle’s Golden Syrup or making your own: dissolve 1 cup sugar in 1 cup water. Boil until thick (makes 1 ½ cups corn syrup equivalent). Refrigerate in closed container.

Flour: The flour here can present a baking challenge in American recipes because the gluten content of the wheat is higher than ours, which means the flours react in a different way. Try using ¼ cup flour and ¼ cup cornstarch (Maisstärke or Maismehl) for each cup of flour in your American cake recipe. Pie pastries will look different (the crimp on the dough trimming doesn’t hold very well), but will taste every bit as good. Flour sold here is not bleached.

Flour, Types: Numbers (405, 550, etc.) on the bags refer to the milling grade and not the quality - the higher the number, the darker the color and the coarser the milling.

405 Weizenausszugmehl all-purpose flour of the finest milling grade
good for bread baking  

550  

Weizenmehl fine whole wheat flour  

1050  

Weizen Vollkornmehl (no number) not quite so  

— finely milled  

— Roggenmehl rather fine and light rye flour good for baking Brötchen  

— Roggenmehl rye flour used for baking Graubrot  

— Roggenmehl sold in Bioläden  

— Roggenvollkornschrot coarsely ground rye flour  

— Graham-Mehl coarsely ground whole grain or whole kernel flour  

— Buchweizenmehl buckwheat flour  

— Self-raising wheat flour sold at Vihn-Loi Supermarket, Klosterwall 2A, HH1 (Asian grocery stores) are good sources for unusual flavors.  

— Aurora Mills have a high gluten content 405 flour special for yeast and strudel dough called doppelgriffiges Weizenmehl.  

— Gloria Mills has a flour with bran added, “mit Kleie” (type 550).  

The largest selection (except 405, which is too refined for them) is sold at Reformhäuser. Prices are also highest partly because the grains are organically fertilized. Two well-known brands are Bösen/Demeter named after the Greek goddess of grain/agriculture and Donath.  

If you use specialty flour infrequently, then store it in a sealed plastic bag in the freezer. This is especially good for flours containing the wheat germ, which can go rancid.  

Yeast (Hefe): Comes in fresh cube form (in the refrigeration section of grocery stores), or dry (with baking supplies). The 7 gram package of dry yeast is equivalent to the ¼ ounce packet used in American recipes. Many of the brands of dry yeast may be added directly to the dry ingredients without having to be first “proofed” in warm liquid. In this case, it will have written on the package, “Das Anrühren der Hefe ist nicht mehr nötig.” Of course, first check the package to make certain the date by which it should be used is still valid!  

Sugar  

Brown sugar (Brauner Zucker): the brown sugar here is more granular – rather like raw or Demerara sugar – and doesn’t dissolve readily or give the same result as the soft American brown sugar. Try making your own – use

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 quarts scrubbed, unpared sliced cucumbers</td>
<td>(about 6 long ones)</td>
</tr>
<tr>
<td>4-6 medium white onions, sliced</td>
<td></td>
</tr>
<tr>
<td>2 green peppers, sliced</td>
<td></td>
</tr>
<tr>
<td>3 cloves whole garlic, peeled</td>
<td></td>
</tr>
<tr>
<td>1/3 cup pickling or regular salt</td>
<td></td>
</tr>
<tr>
<td>5 cups sugar</td>
<td></td>
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<tr>
<td>1 ½ teaspoon turmeric</td>
<td></td>
</tr>
<tr>
<td>1 ½ teaspoon celery seed</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons mustard seed</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons mustard seed</td>
<td></td>
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</tbody>
</table>


Chocolate, Fudge Sauce: Melt a 100g bar of semi-sweet chocolate in a small saucepan set in water over medium heat. Add a tablespoon or more of milk and stir until of desired consistency. That’s all there is to it. It is delicious over ice cream for a hot fudge sundae (which is called a “Coupé Denmark” here.)  

Condensed Milk, Sweetened: Combine ¼ cup hot water and ¾ cup granulated sugar; blend in blender for 1 minute. Slowly add 1 ½ cups of powdered milk and continue to blend until smooth. Refrigerate for 24 hours before using.  

Crème Fraîche: Combine 4 cups cream and 3 teaspoons buttermilk in a quart container. Cover container and store in warm place away from drafts for 24 to 36 hours. Refrigerate in tightly sealed jar. It should keep 2 to 6 weeks.  

Gloegg: This is the Danish equivalent of Glühwein. This recipe will serve a good-sized group of friends:  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 bottles inexpensive dry red wine</td>
<td></td>
</tr>
<tr>
<td>4 cups sugar</td>
<td>27 whole cloves</td>
</tr>
<tr>
<td>6 cinnamon sticks</td>
<td>2 cups raisins</td>
</tr>
<tr>
<td>20 whole cardamom</td>
<td>2 packages almonds</td>
</tr>
<tr>
<td>2 cups water</td>
<td>1 cup cognac</td>
</tr>
</tbody>
</table>

Boil sugar in water until dissolved. Add spices and let simmer 10 minutes or more. Remove from heat and let mixture remain in pot at least one day. Strain.  

A week before planning to serve Gloegg, place 2 cups raisins in jar and pour over 1 cup cognac or plain spirits. Cover and let raisins absorb all liquor. Add more spirits if needed.  

The day guests arrive, blanch the almonds and sliver. Mix the syrup
Onions
Okra
Mushrooms
Lettuce
Lentils – Linsen
Lentils – Linsen
Kohlrabi – Kohlrabi
Koklrabi – Kohlrabi
Kale
Grape leaves
Fennel
Eskariol

Bread and butter pickles: With the availability of delicious cucumbers (from Apotheke) and the finest quality of white sugar (Extra feine Raffinade) and mix in a small amount of molasses (Melasse or Rübenkraut). Try 1 cup of sugar to 1 teaspoon of molasses to start, mix with a sturdy spoon; add more molasses as desired. Store airtight. Brown sugar cubes (Braune Rohrzuckerwürfel) are available from Milford brand and found at delicatessens.

**Sugar, White (Zucker):** for the best and finest white sugar look for EG Qualität I Extrafeine Raffinade (Common Market first quality, extra refined). If you have a blender, you can easily make your own fine sugar too.

**Sugar, Vanilla (Vanillezucker):** This is the “real stuff” if you buy the Fuchs brand and not the imitation from Dr. Oetker. Delicious in French toast, eggnogs, etc., it is usually sold in the spice and herb section or in the baking section. Vanilla sugar generally does not give a strong enough flavor in baking to suit American tastes.

**Honey (Honig):** Explore the many wonderful flavors of honey in liquid and comb form:

- Heide - heather
- Wald - forest
- Tannen - fir tree
- Kastanien - chestnut
- Ulmen - elm

Honey is often stored at room temperature and if it becomes crystallized, it can easily be reliquified by setting the jar in a pan of very hot water. DO NOT HEAT over 160˚F (78˚C) as this adversely affects the flavor.

Many honey varieties are provided in local groceries and Reformhäuser, or look for the stands at the local open markets where the German Imker (bee-keeper or apiarist) has an enormous selection (and price range) and can advise you on which to try. A rule of thumb: the darker the color, the stronger the taste.

…and bee pollen (Blütenpollen) is gathered in the legs of the honeybees and formed by them into granules to be used as their food source in addition to the honey. Bee pollen may be eaten as a wonderful vitamin and energy source either plain or mixed with milk, fruit juice, or cold cereal.

**Baking powder – Backpulver**
**Baking soda – Hausnatron or Natron**
**Bouillon – Fleischbrühe**
**Bread crumbs – Paniermehl**
**Corn meal – Polenta or Maisgriess**
**Cream of Tartar – Weinstainsäure**
**Grünkohl**
**Lauch**
**Zwiebeln**
**Spanische Zwiebeln**
**Reis**
**Steckrüben**
**Zucchini**
**Champignons**
**Eistäubchen**
**Eichenblattsalat**
**Trüffel**
**Irlandröschen**
**Maisgries**
**Melasse**
**Paniermehl**
**Flour**
**Cream of Wheat or Farina – Griess**
**Flour – Mehl**
**Meat tenderizer – Fleischzartmacher or Fleischweichmacher**
**Polenta – Maisgriess**
**MSG – Glutamat**
**Nuts – Nüsse**
**Almonds – Mandeln**
**Asparagus:** The preparation of white asparagus is different from that of green in that it MUST be peeled from just under the head toward the end, cutting deeper as you go down the spear. This is to remove any woody outer skin.

Some people tie the asparagus into bundles of 6 to 8 spears and cook them standing in water in a special pot, but a large frying pan with fitted lid is also sufficient. First, bring to a boil about 1” or 2 cm of water then add some salt and a pinch of sugar. You may also add a tablespoon or so of butter and a teaspoon of lemon. Gently place the peeled spears in the water, cover and simmer about ½ hour or until the base of the spears are soft when pricked (not quite as soft as a boiled potato).

Asparagus is delicious with melted butter and garnished with parsley. It is often eaten accompanied by new boiled potatoes. In northern Germany, thick slices of smoked Holsteiner ham (Holsteiner Katenschinken) may be served alongside on a wooden board.

**Asparagus:**

- **Red or Spanish – Rote or Spanische**
- **Large for filling – Gemüse zwiebeln**
- **Spring – Frühlingszwiebeln**
- **White – weiße**
- **Parsley root – Wurzelpetersilie**
- **Parsnip – Pastinak**
- **Peppers (Bell) – Paprika (Schote)**
- **Green, red, yellow – grün, rot, gelb**
- **Red – Radieschen**
- **White – Rettich**
- **Salsify, Seeronaera, Oyster Plant – Schwarzwurzel, Winterspargel**
- **Scallions – Lauchzwiebeln**
- **Shallots – Schalotte**
- **Sorrel – Sauerampfer**
- **Spinach – Spinat**
- **Kürbis**
- **Tomato – Tomate**
- **Turnip (white) – Weißrübe or Steckrüben**
- **Zucchini, Marrow, or Courgettes – Zucchini**
- **Potatoes – Kartoffel**
- **Radishes**
- **Red – Radieschen**
- **White – Rettich**
- **Salsify, Seeronaera, Oyster Plant – Schwarzwurzel, Winterspargel**
- **Scallions – Lauchzwiebeln**
- **Shallots – Schalotte**
- **Sorrel – Sauerampfer**
- **Spinach – Spinat**
- **Kürbis**
- **Tomato – Tomate**
- **Turnip (white) – Weißrübe or Steckrüben**
- **Zucchini, Marrow, or Courgettes – Zucchini**
Hazelnuts – *Haselnüsse*
Peanuts – *Erdnüsse*
Walnuts – *Walnüsse*
Oatmeal – *Haferflocken*
Oil – *Öl*
Prunes – *Backpflaumen*
Raisins – *Rosinen* or *Weintrauben*
Rice – *Reis*
Sugar – *Zucker*

**Baking Tips**

**Grading standards:** Canned goods are marked as first, second, or third choice. It does not pertain to nutritional value, but is based on size, uniformity, etc. Prices are, of course, higher for the first choice. Regulate grading is also used for poultry, eggs, butter, potatoes, milk, wine, and meat, which covers about everything.

**Kitchen Measurements**

1 oz = 28.3 g  
1 fl oz = 28.4 ml  
1 tbsp = 15 ml  
1 g = 0.035 oz  
1 l = 1.057 qt  
1 pint = 0.473 l  
1 lb = 454 g  
1 cup = 250 ml  
1 qt = 0.946 l  
1 kg = 2.2 lbs  
1 tsp = 5 ml  
1 gal = 3.785 l

**Tea Stove Candles (Tee Kerzen, Teelichter):** These are small round candle “cakes” used in warming stoves for keeping tea, coffee, etc. hot. They are usually found in the paper section of large department stores.

**What’s in a label?**

1. **Name**
2. Amount either by: weight, e.g. 1 liter milk; volume, e.g. 1 kilo sugar; or piece, e.g. 10 chocolate eggs.
3. **Minimum Validity Date** *(Mindesthaltbarkeit):* the minimum time of storage in which the item will retain its aroma, color, taste, appearance, and consistency - NOT to be confused with the expiration date *(Verfallsdatum)* after which produce may no longer be sold.
   - The minimum date must appear as “mindestens haltbar bis…day, month year.” In certain cases the day and/or month may be eliminated.
   - If the date appears elsewhere than on the label then it must be so indicated as in “For date see cap” *(Datum siehe Deckelprägung)*.
   - If minimum validity is only under certain storage conditions then this must also appear together as a condition along with the date stamp, as in “At 0˚F storage, fresh until…” *(bei -18˚C. mindestens haltbar bis…*

**Avocados:** When avocados are low in price (usually in March), you may take advantage of the offers by freezing them. Peel, mash, and mix with 1 tablespoon lemon juice per avocado. Protect completely from air (which would discolor them) by filling in the freezer container almost to the rim and covering with a layer of mayonnaise. Remove mayonnaise and any discolored portion of avocado when thawing. Use them to make guacamole.

**Potatoes (Kartoffeln):** German potatoes are assigned to three categories according to cooking characteristics (which vary due to starch content).

- **“Festkochend”** – firm – are used for salads, boiling (with or without jackets), frying, and roasting. The potato called “Hansa” belongs in this category.
- **“Vorwiegend Festkochend”** – mostly firm – are used for boiling (with or without jackets) frying, roasting, baking, and in salads. *Ersatzling*, *Sieglinde* (for salads), *Grata*, *Cliva*, *Cobra*, and *Hela* are potatoes of this kind.
- **“Mehlig Festkochend”** – mealy – are used mostly for mashed potatoes, potato pancakes, dumplings, in soups, and for French fries. Look for *Bintje*, *Irmand*, and *Datura*.

A word to the wise: don’t attempt to use firm potatoes for mashing. They will be most suitable for wallpaper paste! Also, trying to use a mealy potato for frying and salads doesn’t work well – they fall apart.

It is quite the rage to find “American style” baking potatoes for sale already wrapped in foil. If you decide to splurge on them, have a look under the foil before baking otherwise you might end up with a mouth full of dirt! Best just to buy your own mealy-type as the ready ones are expensive (you’re paying for the foil).

**Artichoke – Artischocken**
**Asparagus – Spargel**
**Beans – Bohnen**
- French – *Schnittbohnen*
- Green – *Grüne Bohnen*
- Wax – *Wachsbohnen*

**Beets – Rote Beet*e or Rote Rübe**

**Beet tops – Mangold**

**Broccoli – Brokkoli or Italienischer**

**Spargelkohl**

**Cabbage – Kohl**
- Chinese – *Chinakohl*
- Red – *Rotkohl*
- Savoy – *Wirsingkohl*
- White – *Weisskohl*

**Carrots – Karotten, Möhre, or Mohrrüben**

**Cauliflower – Blumenkohl**

**Celeriac or Celery Root – Knollensellerie**

**Celery (Stalk type) – Schnell- sellerie, Stängelsellerie, or Staudensellerie**

**Chicory – Chicoree**

**Wild Chicory – Radicchio**

**Corn – Maiss or Zuckermais**

**Cucumber – Gurke**

**Dandelion – Löwenzahn**

**Eggplant – Aubergine**

**Endive (Belgian) – Endivie**

**Escarole or Chicory Escarole –**
Don’t be confused if what you call “endive” is labeled “chicory” by someone else. The names are often used interchangeably. A rose by any other name...just point to what you want!

Mangold? List under beets tops, it is a field variety of beet not generally marketed in the U.S. but used as livestock feed. In Germany, this variety finds its way to the stores as greens. The green or violet leaves and stalk are cooked generally as one would spinach or chard. The Purslane plant (Portulak) can be used also for the same recipes.

If you think eating beets tops sound funny, perhaps you can appreciate the perplexed German of less than ten years ago who wondered why we were so enthusiastic about corn (Mais) which was grown here strictly for livestock and tasted accordingly. When trying the local corn-on-the-cob, be sure it is Zuckermais and grown for human consumption. Buy it still in the husk and eat as soon as possible. Don’t plan on inviting the neighborhood as it is rather expensive and wouldn’t really satisfy a Nebraska Cornhusker for taste. Sometimes you can find frozen corn-on-the-cob imported from the U.S. – really still your best bet if you can find it. No comment on the canned stuff.

Asparagus (Spargel): June is the time of year to enjoy the delicious fresh white asparagus we find in Europe but rarely in the U.S. While driving in the countryside you may see an asparagus bed, identifiable by the long, low, neatly mounded straight rows of earth. During harvest, the farmer has to bend over and cut each spear with a special long hooked knife just as the tip breaks through the surface of the earth. As sunlight would turn the tips green, and in the eyes of the consumer devalue the asparagus, the picking must be done in the evening or at dawn. Now you can imagine why asparagus is so costly!

When buying fresh asparagus, the most important thing is that it must be absolutely fresh. Avoid buying any that is turning brown. Juice will come out of the cut-end if fresh, but since squeezing them is frowned upon, try at least to get a look at the end – if it looks shriveled or brown, it is probably not fresh.

Asparagus is sold according to size - the thicker the spear, the more expensive. To keep spears from drying out, the grocer will often have them wrapped in wet paper towels and kept cool. A good suggestion for the consumer too. By tradition, the last day of harvest is the 23rd of June give or take a day.

Hothouse asparagus is now available practically year-round. Canned asparagus is mostly imported from the Far East – not bad tasting for the uninitiated, but the connoisseur will prefer the “real thing” and wait for “Spargel Zeit” – asparagus time!

- Some obviously perishable groceries do not need labels such as fresh vegetables and potatoes and fruits.
- Exceptions: raw meat carries the label: “Use latest by” (Verbrauchen bis spätestens...).

4. Ingredients (Zutatenliste): ALL INGREDIENTS MUST BE LISTED. They are to be listed with the heaviest weight appearing first, then in decreasing order to the smallest amount.

- Additives must either appear by name i.e. sugar coloring (Farbstoff Zuckerfarbe), by the common market number (Farbstoff E 150), or as “antioxidation ascorbic acid” (Antioxidationsmittel Zitronensäure oder Antioxidationsmittel E 330).

5. Producer’s company and address

Food additives: Have you studied a food label recently only to be perplexed (or concerned) that the item contained, for instance, something described as “E 150”? No reason for alarm! (In this instance it is merely sugar coloring – Zuckerfarbe – used to give a rich brown color to gravies, etc.) These “E” numbers are simply Common Market (EWG) designations for food additives and are meant to aid the consumer.

Basic Group Numbers

E 100 - E 199 = Colorings (Farbstoffe)
E 200 – E 299 = Preservatives (Konservierungsstoffe)
E 300 – E 321 = Antioxidants (Antioxidantien)
E 322 – E 341 = Emulsifiers and Sourcing Agents (Emulgatoren und Säuerungsmittel)
E 400 – E 415 = Thickeners and Jelling Agents (Verdickungs- und Geliermittel)
E 420 – E 475 = Various Additives (Unterschiedliche Zusatzstoffe)

Flavorings have no obligatory “E” designations. They will appear under three variations:

Natürliche Aromastoffe = Natural flavorings (such as vanilla extract, essence of orange, or concentrated strawberry juice)
Naturnidentische Aromastoffe = Chemical copies of natural aromas
Künstliche Aromastoffe = Synthetic flavorings not chemically identical to natural flavorings

Are you interested in learning more about food additives? The Consumer’s Guide Center (Verbraucher-Zentrale) Grosse Bleichen 23, 2000 Hamburg 36 has a handy pocket-sized pamphlet called “Lebensmittel Zutatenliste” (Food Additives List). It contains a list of “the whole works” – 147 different additives, what they do, and where they come from i.e. natu-
Thirty-six of these items are listed with an asterisk immediately following the number (such as E 220*), and may be of importance to you and your family. The “*” means that clinical tests on animals have resulted in possible (not probable) side effects - anything from headaches to allergic reactions such as rashes, cramps, or breakdown of Vitamin B1 in the body, for example: the E 220* through E 227* preservatives could, in some cases, cause headaches and nausea especially in combination with drinking wine. (E 220* is sulfur - used sometimes in the preserving of dried fruit.)

You have rushed to your kitchen cupboard and the food package doesn’t have the “E” designation but the complete word? It will take a bit more effort, but you can still use the list to track it down in reverse.

What additives do not have “E” numbers? Items such as baking powder and potash appear as Backtreibmittel, Glutamates Geschmacksverstärker, and Paraffin Überzugsmittel.

For further advice, ask your doctor or Verbraucherzentrale.

**Beverages**

**Apple Juice (Apfelsaft):** It comes in two varieties: clear (Klare) and natural (Naturnrüber) which is cloudy. Both are readily available.

*Note:* Apple Cider (Apfel Cider) has 4% alcohol content – it’s more like hard cider.

**Coffee (Kaffee):** If you have an American percolator and need a coarser grind (All of the pre-ground coffee here is finely ground) go to a coffee shop and ask for “groB gemahlener Kaffee”. Decaffeinated coffee is called “entkoffeinierter Kaffee. If you don’t like your coffee quite so strong, ask for the “milde”. You can experiment by mixing the mild coffee with a decaffeinated coffee for an even milder result. Remember – the lighter color the coffee bean, the less it has been roasted, and therefore the stronger the brewed result.

**Milk (Milch):** Milk and other dairy products are described in the “Dairy Products” section.

**Tea (Tee):** Most teas sold in Germany (and England) have a higher level of tannic acid than those sold in the U.S. This provides a richer color but can cause a more rapid staining of porcelain items. You may consider steeping your tea for a shorter period of time and taste testing: do not judge the strength by the color. Decaffeinated teas are available as “entkoffeinierter Tee”.

**Wines:** If you can read a German wine label you can learn to recognize the

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**Chestnuts (Kastanien):** Among the joys of winter months is the enticing aroma of roasted chestnuts. They can be roasted for snacks or cooked and used in recipes. Always buy plump, fresh-looking nuts that are heavy for their size and free from cracks and blemishes. Store in a cool and dry place; use within a week. Roasted or cooked and shelled chestnuts should be covered and refrigerated for use within three or four days.

**Pecans (Pecannüsse):** Pecans are becoming better known in Germany but are seasonal. They are available at grocery stores usually pre-packaged in cellophane bags, and in bulk at green grocers. Be sure you are purchasing the “paper-shelled” ones or you’ll be in for an unpleasant surprise when you start shelling! Try just a small quantity at first before stocking up.

**Walnuts (Walnüsse):** Rather expensive if purchased shelled, walnuts are not always guaranteed fresh. You’re best bet is to buy around Christmas when the California Diamond brand is readily available. But don’t miss trying the French ones! Chopped hazelnuts (Haselnüsse) can be substituted where texture is more important than the walnut flavor.

**Soups**

There are several rather tasty canned soups available which are substantial enough to serve as a main course on a cold winter’s evening. A few to try are hearty split-pea soup with pieces of wurst in it (Erbsensuppe mit Einlage), potato soup (Kartoffelsuppe), and lentil soup (Linsensuppe). Homemade soups to go are sold in some butcher shops or in the meat department of some grocery stores. They make their own soups fresh daily and are sold by the liter. Instant soups are made by Maggi, Knorr, and Unox (which markets Heiße Tasse or “Hot Cup”).

**Soup stock:** Bouillon cubes (Bouillonwürfel) and paste from beef or chicken are available in all groceries and butcher shops. Frozen food delivery services also have chicken (Hühnervorkfrühe) and beef (Rindskraftbrühe) stock in 1 liter plastic bags.

**Vegetables from A to Z**

Having a problem asking for a particular vegetable, or knowing what it is when offered? Many vegetables now readily available (such as stalk celery) at your local grocer were virtually unknown only ten years ago. Germans through their great yen for travel have brought back their newly acquired tastes from other countries. Also the many nationalities represented in Germany have added their large part in providing an enriched palate to the once limited offerings.
Pinto Beans (*Wachtelbohnen*): Mexican food addicts can make refried beans with these “from scratch”. They can be found in grocery sections where lentils and dried peas are sold.

**Useful Words**

- Baking mix - *Backmischung*
- Basting brush - *Pinsel*
- Bowl - *Schüssel*
- To cook, roast or bake – *kochen, braten, backen*
- To cover, covered – *zudecken, zugedeckt*
- Dough – *Teig*
- Fresh or frozen – *frisch, gefroren, tiefgefroren*
- Ingredients - *Zutaten*
- Package contents – *Beutelinhalt, Inhalt*
- A piece (of cheese) – *ein Stück Käse, ein kleines Stück*
- Pot or pan – *Topf oder Pfanne*
- Preparation – *Zubereitung*
- Oven - *Backofen*
- A slice (of cheese) – *eine Scheibe Käse, “4 Scheiben, bitte.”*
- To slice, sliced – *schneiden, geschnitten*
- To stir - *rühren*
- Stove – *Herd*
- Tablespoon - *Esslöffel (ES)*
- Teaspoon – *Teelöffel (TL)*
- Thicker, thinner – *etwas dicker, ein bisschen dünner*
- Water – *Wasser*
- Cold – *kaltes*
- Warm – *warmes*
- To whisk or whip – *Schneebesen or Schlagen*

**Nuts**

Generally speaking, nuts are much easier to find and certainly a better buy around Christmas when everyone is using them for baking. Beware of purchasing shelled nuts as they can often be “over the hill”. Open the package right in the store and make a whiff test. No one can mistake the smell of a rancid nut, not even the clerk who can perhaps assist in finding a fresh package.

Nuts can be frozen for months without impairment to flavor. If your freezer is large enough, stock up during the Christmas season. Buy in the shells and crack when you have more time.

best German wines without memorizing the name of every important vineyard. German wines are defined not just by their area of origin, but also by just how ripe the grapes are when picked. As a result of this unusual classification system, you can bypass the names of specific vineyards and producers, at least to a point.

When buying German wines, remember that those from the Mosel, Saar, and Ruhr are shipped in green bottles; those from the Rhine district in brown bottles; and Franken wines in low, fat bottles. Now to decipher the label:

1. By law German wines are divided into three categories. Table wine (*Tafelwein*) is usually an “uncomplicated” wine intended for immediate consumption, so don’t plan to buy cases and save it for years! Quality wine of a designated region (*Qualitätswein bestimmter Anbaugebiete* or *Qualitätswein b.A.* or *QbA*) is guaranteed to be from grapes grown within the region of bottling and not a blend of grapes from different regions. Quality wine with special attributes (*Qualitätswein mit Prädikat*) is subdivided by its attributes. The controls are rigid, checking for date of harvest, method of harvest, and actual ripeness of the grape.
   - *Kabinett* is the wine harvested at the regular time. It is not dry, but is the least sweet of the *Prädikat* wines.
   - *Spätlese* or late picked has been harvested after the normal time. The grapes are therefore riper and somewhat sweeter.
   - *Auslese* wine has been made from specially selected, extra-ripe grapes which have been carefully sorted from the other grapes and pressed separately.
   - *Spätlese* and *Auslese* wines are only produced in very good years.
   - *Beerenauslese* is made from overripe grapes which have been separated by hand. It is characterized by a flower aroma and amber color.
   - *Trockenbeerenauslese* wine is of the very finest quality. The grapes from which this wine is made have shriveled like raisins. Both this and the *Beerenauslese* wines are very sweet and luscious, also quite scarce and expensive
   - *Eiswein* or ice wine comes from grapes in which the water content has been frozen by the 1st frost.

2. The district of origin must also be listed on the label. This can give you another clue to the type of wine. Most *Rheinpfalz* (Rhine-Palantinate) wines are strong but milder ones may be had. They often taste of the soil. Other districts, each with their own charac-
ter, are Rheingau, Rheinhessen, Mosel-Saar-Ruhr, Nahe, Baden, Ahr, Württemberg and Mittelrhein.

3. The village and the vineyard from which the wine comes are also on the label.
4. The grape variety from which the wine is made must also be designated - in this case, we’ll make it a Riesling. Although less than 20% of German wines are made from Riesling, it is the grape grown in the best vineyards.
5. The wine in the example was estate-bottled by the producer, in this case Fr. Bürklin-Wolf. Most German wines are blended and bottled by firms, not individuals.

Breads

Though “man cannot live by bread alone”, it almost seems a possibility when looking at the vast assortment offered in Germany. If the wide selection throws you into confusion, here’s a little guide as to some of the most common breads.

Buttermilchbrot - made from wheat flour and buttermilk.

Graham Brot - cracked wheat bread made from non-sifted, whole wheat flour. The recipe is from a 19th century food faddist – the Reverend Graham.

Knäckebrot - brittle flat bread of cracked wheat or rye flour made with either sour dough or yeast. It is a Scandinavian specialty. *180 cal.

Roggenbrot - often called farmer’s bread (Bauernbrot), it is a heavy, sour-dough rye bread made without yeast. *120 cal.

Roggenschrotbrot - a sourdough bread of milled whole rye baked for a long time at a low temperature. Varieties are black bread (Schwarzbrod) and pumpernickel.

Roggenvollkornbrot - made in the same fashion as Weizenvollkornbrot, but using rye flour. *110 cal.

Schlueterbrot - a type of rye whole kernel bread. The flour includes cracked wheat or rye. The starch turns to sugar during baking and caramelizes imparting a sweet, aromatic flavor and brown coloring.

Simonsbrot - wheat or rye whole kernel bread. The loaves are baked in a steam chamber resulting in dark, crustless bread with a sweet herb flavor.

Spezialbrot - is bread milled using special equipment or made with the addition of special ingredients: Graham, Buttermilch, Pumpernickel, and eaten accompanied by beer. They are a favorite at the well-known Durkheimer Würstmarkt where people dispel their thirst with Pfälzer wine.

Seafood

Freshwater Fish

<table>
<thead>
<tr>
<th>Fish</th>
<th>Saltwater Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bream</td>
<td>Bass – Seebarsch</td>
</tr>
<tr>
<td>Carp</td>
<td>Cod – Dorsch</td>
</tr>
<tr>
<td>Eel</td>
<td>Dab – Butt</td>
</tr>
<tr>
<td>Perch</td>
<td>Flounder – Flunder</td>
</tr>
<tr>
<td>Pike</td>
<td>Haddock – Schelfish</td>
</tr>
<tr>
<td>Salmon</td>
<td>Hake – Seehecht</td>
</tr>
<tr>
<td>Tench</td>
<td>Halibut – Heilbutt</td>
</tr>
<tr>
<td>Trout</td>
<td>Herring – Hering</td>
</tr>
</tbody>
</table>

Shellfish

<table>
<thead>
<tr>
<th>Shellfish</th>
<th>Saltwater Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crab</td>
<td>Mackerel – Makrele</td>
</tr>
<tr>
<td>Crayfish</td>
<td>Mullet – Meerasche</td>
</tr>
<tr>
<td>Lobster</td>
<td>Plaice – Scholle</td>
</tr>
<tr>
<td>Mussels</td>
<td>Red Fish – Rothbarsch</td>
</tr>
<tr>
<td>Oysters</td>
<td>Sea Salmon – Seelachs</td>
</tr>
<tr>
<td>Scallops</td>
<td>Sole – Seezunge</td>
</tr>
<tr>
<td>Shrimp</td>
<td>Sprot – Sprotte</td>
</tr>
<tr>
<td>Shrimps</td>
<td>Sturgeon – Stör</td>
</tr>
</tbody>
</table>

Turkey (Truthan and Puter are male, Pute is female): These may be purchased fresh or frozen, smoked or plain, sliced or whole. Sliced fresh turkey breast (Putenbrust) is available year-round and makes a delicious Schnitzel, or breaded cutlet.

Miscellaneous Foods and Preparation Vocabulary

Gravies and sauces: For rich brown gravy, add a couple drops of Zucker-couleur that comes in a small bottle and may be purchased at butcher and grocery stores. Gravy and sauce thickeners come in both light (helle) and dark (dunkel or braun). Mondamin (among others) has corn starched-based (Fix-Soßenbinder) and flour-based (Klassische Mehlschweitz) thickeners that can be added directly to hot liquid on the stove.

Noodles and pasta: Fresh tortellini and ravioli, either with spinach, meat, or cheese, plus Spätzle are sold by Steinhaus in the refrigerated goods area of Kaufhof, Karstadt, and Italian grocery stores. Other fresh pasta is also sold in Italian groceries. Packaged lasagna and cannelloni noodles often are sold as “Vorkochen nicht erforderlich” which means they may be used directly in the recipe without pre-cooking (but you may wish to add a little more liquid to your meat or tomato sauce).
There are laws, by the way, that spell out where certain sausages can be produced and still retain a famous name. For example, an authentic Frankfurter Würstchen can only be produced in that city or the nearby area. The same type manufactured elsewhere can’t be called a Frankfurter but rather a wurst made in the Frankfurt style (Frankfurter Art.)

Some types of wurst do, however, carry misleading names. Vienna sausages or Wiener Würstchen, for example, didn’t have their beginnings in the city of the waltz. A Frankfurt butcher takes the credit for their discovery. The Viennese picked up the name when, upon being imported to Vienna, the public was so taken with their flavor that they became known throughout the land as that city’s sausage.

There’s a lot of folklore and tradition involved in the German wurst world. Take Munich’s Weißwürstl for example. The tradition surrounding them goes back about 100 years and includes appropriate times for dining on the tasty morsels – only before noon and after midnight. During the day only a green outsider would make the blunder of ordering them after 1 or 2 p.m. Folk tradition has it that they dare not hear the midday bells – a great excuse for Munich’s citizens to head for their neighborhood Gasthaus around 11 a.m. to treat themselves – with great ceremony – to a repast of Weißwürstl with sweet mustard, beer, and large, fat pretzels. The little wurst next pop up again in the early morning hours and are a particular late night favorite during the pre-Lent carnival period with a reputation as the best of all hangover remedies.

Germany’s beloved Bockwurst originated in a Berlin Kneipe or local bar. It seems that the owner served his regulars such marvelous wurst that demand for them grew to the point that he closed shop and went into the sausage business. A painter friend designed a poster advertising them by depicting two leaping young rams or Ziegenböcke. Soon the Berliners had christened their favorite as Bockwurst – ramwurst.

The 19th century German literary great Goethe was a big fan of his hometown Frankfurter Würstchen, particularly liking them with lentil soup or cabbage. However, the fame of this particular sausage already had spread throughout Europe long before his time. The authentic Frankfurter is a thin, long wurst made of pure pork and is cold-smoked. The latter smoking adds up to their being particularly long-keeping. In Frankfurt they are eaten with a raw horseradish and an oil and-vinegar mixture.

The Hanover Bouillonwurst didn’t derive its name from Gottfried von Bouillon, the Crusader, or from “bouillon”, the French word for stock or broth, but rather from the herbs used to season the broth. In Hanover these wurst are commonly served with heer and Schnapps.

Thuringia, a region in East Germany, is the home of the Thüringer Rostbratwürste. Though it might seem the case, these sausages aren’t always

**Diätbrot.** The latter includes salt-free, gluten-free, and diabetic bread.

**Steinmetzbrot** - made from carefully hulled rye and/or wheat kernels

**Weizenbrot** - Directly translated this is wheat bread, but in reality it is what we call white bread. It is made almost exclusively of white wheat flour (by law a minimum of 90%) and includes long and crusty loaves. Special sorts include the French baguette, Toastbrot (for toasting) and Brötchen (rolls). *130 cal.

**Weizenmischbrot** - Bread of mixed wheat and rye flours, with proportionately more of the former. Roggenmischbrot (the most widely purchased bread in Germany) has more rye than wheat by law (at least 51%). Both of these mixed breads are made with either a sour dough or yeast. Both are commonly sold under different names according to the region. In some places, for example, Roggenmischbrot might be known as Landbrot.

**Weizenschrotbrot** - Bread made of bruised or shredded whole wheat and nearly always marketed under the name of Graham. Graham bread is made of sweet unsalted dough.

**Weizenzollkornbrot** - is made of cracked wheat with the bran (husk) included. *120 cal.

*calories in 50 grams

**Dairy Products**

**Butter and Margarine:** They are usually sold unsalted. If you prefer them salted, look for the word gesalzen (salted) on package. Try Rama Margarine and Ravenberger Rollenbutter or Dänische Lurpack Markenbutter.

**Butter, Clarified (Butaris or Butterschmalz):** This is sold in 250 g plastic containers. It is made by heating butter to 70°C and extracting the water. One kilo of butter will yield about 800 g of Butterschmalz. With a 99% pure fat content it may be kept for years without losing its flavor if stored in a cool, dry place. Butaris is a help for cooking in that it doesn’t splatter (because water is removed) and may be heated to a high level just like a cooking oil. For this reason, it may be used for frying, fondues, etc. It is easily digestible. Those familiar with Indian cooking will recognize this as an equivalent to Ghee.

**Crème Fraîche:** is made from cream that has been weakly soured with a lactic acid culture. The water is evaporated until it has a fat content of 32 to 40%. In contrast to sour cream, Crème Fraîche never curdles and can be stirred directly into hot liquids.
Eggs (Eier): They are generally sold in supermarkets as Class A. Class B eggs are not fresh but have been refrigerated, boiled or their storage times has been lengthened in some other fashion. Class C eggs are sold only to food manufacturers. In comparing prices, you should always take into consideration the different weight classifications of eggs. Large eggs are no better in quality than small eggs, but you do get more egg white per egg. The best buy is usually considered to be eggs in class 3 & 4 (55 to 65 grams). Extra large eggs (70g and over) are much more expensive.

Brown eggs, by the way, are no better or worse than white eggs: they are merely from hens of a different variety. Free-range eggs (Eier aus Freiland-Haltung) are available at some grocery stores, delicatessens, and open market stalls. However, most laying hens are kept in small cages to keep production costs down.

Fresh eggs can be kept up to two weeks in the pantry, or three weeks in the refrigerator. To tell if an egg is fresh, try these two methods: 1. a fresh egg will stand up in water. 2. When you break a fresh egg into a pan, it will have a yolk that domes up and stays up with a white that is thick and translucent. If the egg is not fresh, it will have a flat yolk and a white that will run all over.

Milk (Milch): It is available as low-fat (fettarm) and regular with 3.5% fat. It is both pasteurized and homogenized. Ultra-high Temperature milk (H-Milch) is a long-keeping type, cheaper than fresh milk and handy to have, but with a peculiar taste all its own because of the high heat used in preservation. It can be a life-saver to have around when you’ve returned from a vacation on a Sunday and no stores are open.

Whipping cream (Schlagsahne): The fat content of cream here is only 30% - what we know as light cream. Because of the low fat content, the cream is difficult to keep stiff for any length of time. This problem may be remedied by adding a packet of Sahnesteif (available in the baking section of grocery stores) while whipping the cream. Make absolutely certain that bowl, beaters, and cream are thoroughly chilled before beating. A new product from Dr. Oetker, Crème double Sahne, with 45% fat has recently appeared on the market. Using equal amounts of both types of cream will give you a stable whipped cream without the use of Sahnesteif.

Yogurt (Joghurt): Are you fascinated, overwhelmed, and/or stymied by the variety of sour milk products available in Germany? Milk, as opposed to cream, is the basis for them all – the difference is their method of production, consistency, and fat content.

Some handy words to remember when shopping for dairy products are pure (rein), lean (mager), low fat (fettarm), and cream (Sahne and Rahm). Watch Be very careful with the cleaning, storing, and cooking of game. Also be sure to cook the meat long enough to kill any bacteria. If you have older meat or wish to give it a special flavor, you can marinade it in red wine or buttermilk, leaving it in the liquid overnight. Thaw any frozen meat in the refrigerator.

Duck - Ente
Moose - Elch
Pheasant - Fasan
Goose - Gans
Hare - Hase
Elk - Hirsch

Pork (Schwein):
1. Head – Kopf
2. Loin – Rückenstück, Koteletteihe (Karree), or Karbonade
3. Flank – Bauch
4. Neck, shoulder butt – Nacken or Kamm
5. Picnic ham – Vorderschinken, Schulter, or Bug
6. Leg or ham – Keule or Schinken
7. Hock – (Vorder) Eisbein or Haxe
8. Hind Foot – (Hinter) Eisbein or Haxe

Roasting cuts: Loin, leg, neck (shoulder), ham
Braising cuts: Ribs, neck
Boiling cuts: Hock, hind foot, flank
Streaky bacon: Durchwachsender Speck or Bauchspeck

Sausage (Wurst): In Germany the taste for Sausage (Wurst) has been developed to a deliciously varied art form. The different types are almost too numerous to count and almost every area has its own specialty. The Münchener has his Weißwurst; the Thüringer his Rostbratwurst; the Berliner swears by his locally made Bockwurst; and the native of Hanover believes that nothing can come close to his city’s spicy Bouillonwurst.

These regional specialties vary as much in appearance as in taste. The juicy Knackwurst in Hamburg is quite different from the lightly smoked, short, and chubby Regensburger Knackwürstchen which, because of its shape, is commonly called Kragenknopf or collar button.
Beef

1. Head – Kopf
2. Neck – Hals or Nacken
3. Chuck or blade – Zungenstück (Nacken)
4. Shoulder – Schultter or Bug
5. Brisket – Brust
6. Prime Ribs – Hohe Rippe
7. Ribs – Flachrippe (Blattrippe, Spannrippe, or Querrippe)
8. Sirloin – Roastbeef (Lende)
9. Flank – Lappen or Flanke
10. Filet – Filet or Lende
11. Round or Rump – Keule or Hüfte
12. Shank – Beinfleisch

Veal:

Roasting cuts: Shoulder, rump, breast, loin, chops, best end of neck

Boiling cuts: Neck, breast, knuckles (stewed)

With bone – Wie gewachsen (w. gek.)
Boneless – (Ohne Knochen) (o. Kn.)
Lean – Schier
Whole – ganz, im Ganzen
Sliced – in Scheiben
Young beef (female): Färse
Young beef (male): Ochse
Casstread male beef: Ochse

Chicken (Huhn):

For roasting, frying, and grilling buy a Poularde or Brathähnchen. A Suppenhuhn is a stewing chicken: don’t buy one of these, try to roast it, and then wonder why it’s still tough after five hours in the oven!

Game (Wild):

They are very rich in protein, low in fat, and very digestible. Be sure to buy only from well-kept and clean stores as there is no inspection law for game contrary to the very strict laws for all other meats. The importing of game, however, undergoes a strict examination. When buying an imported product you can determine the country of origin on the label.

Buttermilk (Buttermilch) - is soured with a lactic acid culture, and may have up to 10% water added. The fat content is a maximum of 1%.

Pure buttermilk (Reine Buttermilch) - does not have water added.

Sour cream (Sauerrahm or Saure Sahne) - is made from cream, with a fat content minimum of 10%, and is rather runny.

Schmand - is a sour cream with 24% fat, very thick, and ideal for dips calling for sour cream.

Thick milk (Dickmilch) and sour milk (Sauermilch) - Both come with more than one fat content and are soured with various lactic acid cultures. Vollmilch is commonly thickened sour milk more like yogurt in taste and consistency. The fat levels for both are a minimum of 3.5%, or if low fat, 1.5 to 1.8%.

Swedish milk (Schweidenmilch) - is made with a special lactic acid culture and has the same fat content as Sauermilch. It is slightly thick.

Yogurt (Joghurt) - is made from pasteurized milk with yogurt cultures of various kinds. For the milk-souring bacteria to become fully active, the yogurt must incubate for one hour at a temperature of 40° to 45°C after the beginning of the “culture”. Often gelatin is added to thicken it.

Cream yogurt (Sahnejoghurt) – minimum 10% fat
Yogurt – minimum 3.5% fat
Low-fat yogurt (Fettarmer Joghurt) – minimum 1.5-1.8% fat
Slim milk yogurt (Magermilchjoghurt) – maximum 0.5% fat
Fruit yogurt (Fruchtjoghurt) – is yogurt to which sterile, cooked fruit (usually with sugar) and/or fruit juice, or even raw fruit, has been added. The fat content is the same as for the yogurts listed above, but the caloric content will be higher.

Kefir – A special Kefir culture, lactic acid bacteria, and special Kefir yeast are added to the milk. It is sold thickened or as a liquid with a range of fat contents. It is weakly alcoholic: 0.1 to 0.3%.

Quark – is sour milk to which rennin or rennet has been added. The whey has then been partially removed, leaving a product roughly the consistency of cream cheese. With Quark, as with all types of cheese, the fat content is actu-
ally lower than the package states, as the fat content is measured on a dried (concentrated) mass of cheese.

*Additions of gelatin or other thickening agents must always be stated on the package.

Fruits

Apples (Äpfel): There are so many varieties offered here that below are listed just some of the better-known types. The asterisk (*) indicates those good for cooking. If you buy your apples at the open market usually the selection is freshest and you may ask either for advice or for a free sample! Apples, apple cider, and other products can be purchased straight from the orchards. Roadside stands have all sorts of fresh fruits and vegetables for sale, or make a day of it and go to Das Alte Land.

<table>
<thead>
<tr>
<th>Type of Apple</th>
<th>Color</th>
<th>Taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boskop*</td>
<td>Yellow, red-brown</td>
<td>Tart, coarse-grained</td>
</tr>
<tr>
<td>Cox-Orange*</td>
<td>Red, green</td>
<td>Tart, cinnamon-like</td>
</tr>
<tr>
<td>Gloster 69</td>
<td>Red</td>
<td>Delicately tart</td>
</tr>
<tr>
<td>Golden Delicious</td>
<td>Golden</td>
<td>Sweet, wine taste</td>
</tr>
<tr>
<td>Granny Smith</td>
<td>Green</td>
<td>Tart, crunchy</td>
</tr>
<tr>
<td>Gravensteiner*</td>
<td>Yellow-red</td>
<td>Spicy tart</td>
</tr>
<tr>
<td>Ingrid Marie</td>
<td>Red</td>
<td>Juicy sweet</td>
</tr>
<tr>
<td>James Grieve</td>
<td>Yellow/red streak</td>
<td>Spicy tart</td>
</tr>
<tr>
<td>Jonathan</td>
<td>Red</td>
<td>Delicately sweet</td>
</tr>
</tbody>
</table>

Cranberries (Preiselbeeren): The German cranberry is smaller than its American counterpart and available in the late autumn. For those who prefer the American cranberry, fresh Ocean Spray cranberries are available around Christmas at many open markets (such as in Blankenese) and at grocery stores (such as some Spars). They freeze beautifully so can be bought for use at a later date.

Blueberries (Heidelbeeren or Blaubeeren): These are ripe in August and are readily available fresh. They may be from the garden (Garten) or wild (Wald) variety.

Elderberry (Holunder or Fliederbeeren): This blue-black cluster fruit should not be eaten raw but may when cooked be used for juice, wine, jelly, or compote.

Raisins (Rosinen): “Korinthen” are currants from small, seedless blue-black Mediterranean grapes. “Sultaninen” are seedless golden raisins from Sultana grapes. They are sold as natural (unbleached) or golden (bleached).

Ground Meats

<table>
<thead>
<tr>
<th>German Name</th>
<th>Composition</th>
<th>Fat content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beefsteakhack</td>
<td>Pure beef</td>
<td>5%</td>
</tr>
<tr>
<td>Rinderhack</td>
<td>Pure beef</td>
<td>25%</td>
</tr>
<tr>
<td>Gemischtes Hack</td>
<td>Beef and pork</td>
<td>Max. 25%</td>
</tr>
</tbody>
</table>

Veal (Kalb):

1. Head – Kopf
2. Neck – Hals
3. Back – Rücken
4. Ribs – Kotelette
5. Loin – Filet
6. Rump or leg – Keule
7. Flank – Flanke
8. Breast – Brust
9. Shoulder – Schulter or Bug
10. Knuckles or Foreshank – Vorderhaxe
11. Knuckles or Hindshank – Knuckles or Hinterhaxe
the consumption of fat it is recommended to cut the fat off the meat after cooking; however, the German consumer is particular in this respect and continues to keep buying lean meat. The animals are therefore raised and fed accordingly.

**Beef steaks:** German and American methods for cutting up a beef carcass are very dissimilar. In Germany, the tenderloin (filet) which runs from the thirteenth rib to the rump is usually removed in one piece. Then the loin strip, under which the fillet was cut, is boned and used for steaks or roasts. Thus, there is neither short loin nor sirloin left intact and consequently no T-bone, porterhouse, or sirloin steak. The best part of the rib-roast section is usually boned and cut into rib steaks called *Rumpsteak* or *Entrecôte*. A double rumpsteak is a *doppeltes Rumpsteak* or *Entrecôte Double*.

**Filet of beef (Rinderfilet):** Often the French names are applied in Germany when purchasing filet. *Châteaubriand* corresponds to the tenderloin portion of a choice or prime porterhouse steak. It is always broiled or grilled. *Tourneros* and *Filet Mignon*, which become progressively smaller near the tail of the filet, correspond to the tenderloin of T-bone steaks.

### Translating German and American Meat Cuts

<table>
<thead>
<tr>
<th>American Cut</th>
<th>German Cut</th>
<th>Uses</th>
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<tbody>
<tr>
<td>Tender cuts</td>
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<tr>
<td>Rib Roast</td>
<td>Hochrippe</td>
<td>Roast</td>
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<tr>
<td>Rib Steak</td>
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<tr>
<td>T-bone</td>
<td>(Mostly called T-</td>
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<td>Wing</td>
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<td>Strip Loin</td>
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<td>Sirloin</td>
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<tr>
<td>Sirloin tip</td>
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<td>Rump</td>
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<tr>
<td>Round steak</td>
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<td>Sirloin</td>
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<tr>
<td>Medium Tender Cuts</td>
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<td>Sirloin tip</td>
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<tr>
<td>Rump</td>
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<td>Round steak</td>
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<tr>
<td>Sirloin</td>
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<tr>
<td>Eye of Round</td>
<td>Beefsteak</td>
<td>Most common steak</td>
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<td>Inside Round</td>
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“*Traubenrosinen*” are especially large and have both seeds and stems. Made from Muscat, Malaga, or Rozaki grapes, they are quite sweet and juicy and are generally eaten as is. “*Weinbeeren* or *Rosinen*” are seedless.

### Herbs

**Borretsch? Liebstückel? Ysop?** (No, not the fabled Aesop)… or how about *Portulak*? These are all herbs available at your local open market. There are many more waiting for your discovery. Below is a list of some old favorites, some certainly new, their English equivalents, and what you can do with them.

<table>
<thead>
<tr>
<th>Allspice</th>
<th><strong>Piment</strong></th>
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<tr>
<td>Angelica</td>
<td>(Angelika or Engelwürz) – slight licorice taste. Cook these together with rhubarb, gooseberries or plums to neutralize their sourness and cut down on sugar. They’re also brewed as an infusion or herbal tea to calm the nerves. Not for diabetics.</td>
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<tr>
<td>Anise</td>
<td><strong>Anis</strong></td>
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<tr>
<td>Arrowroot</td>
<td><strong>Pfeilwurzelmehl</strong></td>
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<tr>
<td>Balm mint</td>
<td>(Minze or Zitronenmelisse) – are light green and smell like lemon. Use in salads, herbed Quark, herbed butter, and sauces.</td>
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<tr>
<td><strong>Basil – Basilikum</strong></td>
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<tr>
<td>Bay leaf</td>
<td><em>Lorbeerblätter</em></td>
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<tr>
<td>Capers</td>
<td><strong>Kaperne</strong></td>
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<tr>
<td>Caraway Seed</td>
<td>– <em>Kümmelsamen</em></td>
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<tr>
<td>Cardamom</td>
<td><strong>Kardamom</strong></td>
</tr>
<tr>
<td>Cayenne Pepper</td>
<td>– <em>Cayenne Pfeffer</em></td>
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<tr>
<td>Celery Salt</td>
<td><strong>Selleriesalz</strong></td>
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<tr>
<td>Celery Seed</td>
<td>– <em>Selleriesamen</em></td>
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<tr>
<td>Chervil</td>
<td><strong>Kerbel</strong></td>
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<td>Chili Powder</td>
<td><strong>Chili Pulver</strong></td>
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<td>Chive</td>
<td><strong>Schnittlauch</strong></td>
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<tr>
<td>Cinnamon</td>
<td>– <em>Zimt</em></td>
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<tr>
<td>Cloves</td>
<td><strong>Schnittlauch</strong></td>
</tr>
<tr>
<td>Coriander Leaves</td>
<td>(Korianderblätter) also known as Cilantro and Chinese parsley – Use leaves only and do not chop. Float the leaves in soups and stews. They are difficult to find here.</td>
</tr>
<tr>
<td>Cucumber flavor</td>
<td>(Borretsch or Boretsch) – Chop finely and add to green salads. Add to pickles to strengthen flavor. You can cook them like spinach or add to bean or pea soups.</td>
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<tr>
<td>Cumin</td>
<td><strong>Kreuzkämmel</strong></td>
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<td>Curry</td>
<td><strong>Curry</strong></td>
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<tr>
<td>Dill</td>
<td><strong>Dill</strong></td>
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<tr>
<td>Fennel</td>
<td><strong>Fenchel</strong></td>
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</table>
Garden Cress (Gartenkresse or Kresse) – are tiny leaves usually sold in small sprouting boxes.
Garlic – Knoblauch
Ginger – Ingwer
Horseradish – Meerrüttich
Hyssop (Ysop) – The leaves are minty and spicy. Use them in salads and fruits and add the dried flowers to soups.
Juniper Berry – Wacholderbeeren
Lemon Peel – Zitronenschale
Mace – Muskatblüte
Lovage (Liebstöckel) – are often used as a celery substitute. Use in salads, casseroles, and vegetables.
Marjoram – Majoran
Mint – Minze
Peppermint – Pfefferminze
Spearmint – Grüne Minze
Mugwort (Beifuss) – Add these to meats with high fat content, such as goose and pork roasts, and Schmalz
Mustard – Senf
Nutmeg – Muskatnuss
Onion – Zwiebeln
Orange Peel - Orangenschale
Oregano – Oregano or Dost
Paprika – Paprika (Sweet and sharp)
Parsley – Petersilie
Parsley root (Wurzelpetersilie) – Use as a substitute for parsnip (Pastinak).
Parsnip (Pastinak) – can substitute parsley root (Wurzelpetersilie)
Pepper – Pfeffer
Black – schwarzer
Red – roter
White - weißer
Peppercorns – Pfefferkörner
Poppy Seed – Mohnsamen
Rind (Peel), Untreated – are sold in Reformhäuser and open grocery markets. If you are uncertain, ask “ist die Orange unbehandelt oder nature?” They may be grated and frozen for future use as they are often only seasonally available (mainly in winter). Schwartau brand has packaged orange (Orange-back) and lemon (Zitronen-back) peel, but keep in mind that they are sugared. Bottled orange peel is available in the McCormick’s stand (near the vanilla flavoring) at Kaufhof. Untreated lemons are readily available at open markets all year. Lemons, generally speaking, sold in net bags in groceries have been chemically treated.

To clean electric coils, use a damp, soapy cloth to wipe the coils. Don’t use any cleaner which contains bleach as it will discolor the coils.
Clean the exterior of the stove when it is cool. Use warm, soapy water. Never use abrasive powder cleaners as they will damage the surface of the stove.

Troubleshooting Your Stove
“When I use the oven, my baking takes longer to cook than it used to.”
Are you using your standard shiny pans from North American? Remember that you should use dark enamel pans or glass pans to cook in European ovens, or be prepared for longer cooking times if you want to continue to use your shiny pans.

“There are scratches on the surface of my ceramic/glass stove.”
Small scratches are normal on the glass surface and will not affect cooking. In time, the scratches should become smoother and less noticeable if you regularly use the ceramic glass top cleaner. You should probably also avoid cooking while wearing your 20 carat diamond ring – it will scratch the glass!

“There are hard water spots on my stovetop.”
The minerals in some water can be transferred to the surface of the stove when it boils over the pot. Use undiluted vinegar to remove the stain, rinse, and dry.

“There are gaps in the flame on my gas stove.”
Insure there is no debris blocking the holes of the burner. The flame should burn the debris off on its own. If not, wait for the burner to cool; then clean the burner by brushing carefully with a stiff dry brush. If the burner top is removed for cleaning, make sure it is replaced in the correct position (lined up with the markings).

Meats
A Cross-cultural meat comparison is complicated because the systems of Germany (and most other European countries) and the United States are entirely different. The Germans cut meat following muscle separations, while American butchers usually cut across the grain. Identification is made more confusing as different regions in both countries use different names for the same cuts. The names given on the following pages are those used in northern Germany.
The majority of German meat consumers prefer lean meat. They are disturbed by the slightest sight of fat. They believe lean meat is healthier. We know as a fact that animal fats in high quantities are unhealthy in the long run, but marbled meat is far more tender and much tastier. To avoid
European Stoves...and burners: Like American stoves, European stoves usually have four burners (coil, gas, or ceramic top). Solid is the norm rather than coil-shaped; they tend to take a long time to heat up. Once hot, however, they retain heat for a lot longer than an American coil burner. Even the low setting can eventually become quite hot. Metal heat spreaders (available at hardware stores and kitchen departments) placed between the burner and the pot can give you greater control over the heat level when keeping food warm. Using the stovetop, here are suggested settings (if your stove uses numbers):

- 1 – 3 Simmering
- 2 – 3 Cooking small quantities
- 4 – 7 Cooking or boiling
- 5 – 9 Frying

You may need to select a higher setting if you are:
- Cooking a large amount of food (stir frequently!)
- Cooking with the lid off
- Using a pan that is larger than the cooking zone

Gas burners require that you keep the thermo-sensors, igniters, and holes in the burner tops clean and free of debris. When wiping the burners, be careful that you don’t bend the thermo-sensor. To clean heavily soiled burners, turn the flame setting to a small flame, and allow the tops to gradually clean themselves. Or, clean the tops by brushing them carefully with a stiff brush. To clean the gas grids (where the pots sit), lift them off and wash in hot soapy water. Stubborn stains can be removed with a fine steel wool pad.

To clean glass or ceramic stovetops, wipe up small spills or splashes before they burn onto the surface. Never use metal scouring pads or abrasive cleaners to clean the glass top. These will scratch the glass. Use a Ceramic Stove Top Cleaner to keep the surface looking like new. (Put a small amount of the cleaner onto a clean cloth or paper towel, and then wipe the surface to clean.) After cleaning the glass surface, buff with a clean paper towel or cloth. Regular use of the cleaner will make future cleaning much easier. AVOID cleaning with glass cleaners that contain ammonia or chlorine bleach, or oven cleaners such as “Easy Off”. These may stain or permanently etch the glass top.

If heavy spills are burned onto the surface (Such as that nice pot of boiled-over potatoes), you will need to use a razor blade scraper specifically made to clean ceramic stovetops. First, wait until the surface has cooled. Then, carefully scrape the debris off the surface of the glass, holding the razor scraper at approximately 30 degrees to the glass. Be careful not to gouge or scratch the surface with the razor. Finish cleaning the surface with the ceramic stovetop cleaner and buff with a clean paper towel or cloth.

Dish Washing Machines: You may have to add salt to your dish washing machine if you have hard water. The salt is added to maximize the performance of the dishwasher, and helps to prevent mineral deposits from forming in the tank and wash system.

**Only add dishwasher salt to the dishwasher!** To add salt: open the salt dispenser, ensuring that it's securely closed. Close the salt dispenser, ensuring that it’s securely closed.

Most dishwashers have normal and heavy-duty wash programs as well as a rinse program. Many machines start automatically once the desired program has been selected. Some dishwashers have a delay program, however, which works great when you don’t want to hear a noisy machine until later.

Be careful when washing the following items:
- Aluminum – may fade or darken. Patches or discoloration may appear, but this can be removed with steel wool.
- Cast Iron – Don’t wash cast iron in the dishwasher.
- Crystal – certain types of lead crystal may etch if washed in the dishwasher.
- Gold-Colored Flatware – may become discolored if washed in the dishwasher.

Rosemary – Rosemarin
Saffron - Safran
Sage – Salbei
Salad Burnett (Pimpernelle or Bibernelle) – tastes like hazelnuts according to one source, and like cucumbers to another. Use young leaves in salad, herbed Quark, meat dishes, and tomatoes.
Salt - Salz
Savory (Bohnenkraut) – are a classic addition to green beans and green bean salads.
Scallions or Spring onions – Lauchzwiebeln or Frühlingszwiebeln
Sesame Seed - Sesam
Shallot – Schalotte
Sorrel (Sauerampfer) – are good in soup, sauces, and salads.
Sugar - Zucker
Sweet Woodruff (Waldmeister) – Float leaves in cold punches
Tarragon (Estragon) – are essential in Béarnaise sauce.
Thyme – Thymian
Turmeric – Gelbwurz or Kurkuma
Vanilla - Vanille
Watercress (Brunenkresse) – are large leaves seldom found here.
dishwasher.

**Sharp Kitchen Knives** – may become dull if washed in very hot water and allowed to contact other items during the wash cycle.

Knives with wood handles should not be washed in the dishwasher as the wood may crack and warp.

**Pewter** – will tarnish when washed in the dishwasher.

**Silver and Silver-Plated Items** – wash with caution in the dishwasher. Do not place in the same location as stainless steel as contact may damage the silver.

**Wood** – do not wash wooden items in the dishwasher as the wood can crack or warp.

Make sure the dishes are put in such a way they don’t stop the fan from spinning.

**German ovens:** European ovens can be conventional with upper and lower heat, or fan-assisted allowing air to circulate around the oven thus providing a faster cooking time and the ability to use more than one rack at a time. Some can be very inconsistent, heating too high to start, then not maintaining their temperature level (especially if you open the door for a peek!) You will need to experiment with the oven, especially when it comes to baking. Test with an oven thermometer, which you will have to borrow or have sent from the U.S. Dark enamel pans and glassware are recommended. If you don’t have these items, don’t panic. You can still use your shiny pans, but you’ll have to work a bit to get the cooking times correct. (You can always save the burnt creations for the in-laws!) And don’t forget European ovens are calibrated in Degrees Celsius.

Unless you’re fortunate enough to have a self-cleaning oven in your home, you will have to clean the oven yourself. Most ovens have a door that can be removed to allow easier access to the oven for cleaning. To protect your kitchen floor, put newspaper in front of the stove and in an area where you will put the stove floor once it has been removed. Use a fine steel wool soap pad to remove stubborn stains from the oven roof, broiler pan, and floor of oven.

**DO NOT USE AEROSOL CLEANERS** on convection/fan-assisted ovens, as they could damage the fan motor, and the cleaner cannot be wiped off the fan blade.

**Oven and Weather Temperature Chart**

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<thead>
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