

Now add: 200 grams sugar (1cup)  
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.

Courtesy of the Stars and Stripes

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# The German Kitchen

## Guide & More!



### Your German Kitchen Survival Guide



## Table of Contents

Table of Contents.....	page 1
Baking Products from A to Z.....	pages 2-3
Sugars.....	pages 3-4
Baking Terms Translations.....	pages 4-5
Baking Tips.....	pages 5-7
Kitchen Measurement Conversions.....	page 5
What's in a Label?.....	Pages 5-7
Beverages.....	pages 7-9
German Wines and Labels.....	pages 7-9
Breads.....	pages 9-10
Dairy Products.....	pages 10-13
Fruits.....	pages 13-14
Types of Apples.....	page 13
Herbs.....	pages 14-16
List of Herb Translations.....	pages 14-16
Kitchen Appliances.....	pages 16-20
Dishwashing Machines.....	pages 16-17
German Ovens.....	page 17
Oven and Weather Temperature Conversion Chart.....	.....
.....	pages 17-18
European Stoves and Burners.....	pages 19-20
Meats.....	pages 20-26
Beef and Veal.....	pages 21-23
Chicken.....	page 23
Wild Game.....	pages 23-24
Pork and Sausage.....	pages 24-25
Seafood.....	page 26
Turkey.....	page 26
Miscellaneous Foods and Preparation Vocabulary.....	.....
.....	pages 26-27
Useful Words Guide.....	page 27
Nuts.....	pages 27-28
Soups.....	page 28
Vegetables from A to Z.....	pages 28-31
Vegetable Translations.....	pages 30-31
German Substitutions and Recipes.....	pages 31-36

60 grams (1/3 cup) shortening (such as Palmin)  
 200 grams (7 ounces) finely cubed bacon (*Durchwachsener Speck*)  
 200 grams (7 ounces) sour cream (*Schmand*)  
 60 grams (1/2 cup minus 1 tablespoon) flour (*Mehl*)  
 3 eggs (*Eier*)  
 ½ teaspoon whole Caraway Seed (*Kümmel*)  
 Salt and pepper to taste

Remove puff pastry from package and separate individual sheets. Let thaw at least 20 minutes. Preheat oven to 200° - 220°C (400-425°F)

Meanwhile, finely cube the bacon and sauté in hot shortening in large frying pan or saucepan over medium heat until bacon is lightly rendered – about 5 minutes.

Chop onions – best to use a food processor or you're going to need a crying towel! Or you can purchase frozen, chopped onions from a freezer delivery service or grocery store (one kilo already chopped. Shake directly into frying pan without thawing.) Turn heat to medium-low and add onions to sautéed bacon; stir occasionally and cook until glassy. (This may take up to 20 minutes.) Do not let onions brown. Remove from heat; add flour and stir thoroughly.

Slightly overlap puff pastry sheets and roll out to just fit the baking form. DO NOT KNEAD. Trim around top of form with sharp knife and save scraps to decorate top of torte.

Using a small bowl, beat eggs thoroughly; then add sour cream (*Schmand*) and caraway seed. Mix in thoroughly with onion/bacon/flour. Turn into prepared puff pastry shell. Dot with butter (about 1-2 tablespoons). Decorate top with pastry scraps.

Bake in center of preheated oven about 1 hour. Keep in mind that the deeper the dish, the longer the baking time. If using a springform, put a protective covering of aluminum foil around the outside to prevent leakage.

Remove from oven and allow about ½ hour setting. Serve hot or warm. Reheats well.

### 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. Sweet!

**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 reacts in a different way. Try using ¾ 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      *Weizenauszugmehl* all-purpose flour of the finest milling grade

- 550 good for bread baking
- 1050 **Weizenmehl** fine whole wheat flour
- **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
- **Roggenvollkornschtrot** 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!

## Sugars

**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

*Gurken*) here, this pickle recipe, which works with all local products, is definitely one to try:

- 4 quarts scrubbed, unpared sliced cucumbers (about 6 long ones)
- 4-6 medium white onions, sliced
- 2 green peppers, sliced
- 3 cloves whole garlic, peeled
- 1/3 cup pickling or regular salt
- 5 cups sugar
- 3 cups cider or natural vinegar
- 1 ½ teaspoon turmeric
- 1 ½ teaspoon celery seed
- 2 tablespoons mustard seed

Combine cucumber, onion, green pepper, and whole garlic. Add salt. Cover with cracked ice and mix thoroughly. Let stand 3 hours. Drain well. Remove garlic. Combine remaining ingredients and pour over cucumbers. Bring to a boil. Fill sterilized glass jars to ½ inch from top. Adjust lids.

**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 “*Coupe 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:

- 5 bottles inexpensive dry red wine
- 4 cups sugar
- 6 cinnamon sticks
- 20 whole cardamom
- 2 cups water
- 27 whole cloves
- 2 cups raisins
- 2 packages almonds
- 1 cup cognac

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

<i>Eskariol</i>	Yellow – <i>gelbe</i>
Fennel – <i>Fenchel</i>	Parsley root – <i>Wurzelpetersilie</i>
Grape leaves – <i>Weinblätter</i>	Parsnip – <i>Pastinak</i>
Kale – <i>Grünkohl</i>	Peas – <i>Erbsen</i>
Kohlrabi – <i>Kohlrabi</i>	Peppers (Bell) – <i>Paprika (Schote)</i>
Leek – <i>Lauch</i> or <i>Porree</i>	Green, red, yellow – <i>grün, rot, gelb</i>
Lentils – <i>Linsen</i>	Potatoes – <i>Kartoffel</i>
Lettuce	Purslane – <i>Portulak</i>
Bibb, Garden, Leaf – <i>Kopfsalat</i>	Radishes
Iceberg – <i>Eisbergsalat</i>	Red – <i>Radieschen</i>
Lamb's – <i>Feldsalat</i>	White – <i>Rettich</i>
Oakleaf – <i>Eichenblattsalat</i>	Salsify, Scorzonera, Oyster Plant – <i>Schwarzwurzel, Winterspargel</i>
Mushrooms – <i>Pilze</i>	Scallions – <i>Lauchzwiebeln</i>
Button – <i>Champignons</i>	Shallots – <i>Schalotte</i>
Truffels – <i>Trüffel</i>	Sorrel – <i>Sauerampfer</i>
Okra – <i>Okra</i>	Spinach – <i>Spinat</i>
Onions – <i>Zwiebeln</i>	Squash – <i>Kürbis</i>
Red or Spanish – <i>Rote</i> or <i>Spanische</i>	Tomato – <i>Tomate</i>
Large for filling – <i>Gemüse zwiebeln</i>	Turnip (white) – <i>Weißrübe</i> or <i>Steckrüben</i>
Spring – <i>Frühlingszwiebeln</i>	Zucchini, Marrow, or Courgettes – <i>Zucchini</i>
White – <i>weiße</i>	

## German Substitutions and Recipes

**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.

**Bread and butter pickles:** With the availability of delicious cucumbers (

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

*Akazien* - acacia

*Linden, Raps, Berg* - mountain

*Klee* - clover

*Orangenblüten* - orange blossom

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 *Maisgries*

Cream of Tartar – *Weinsteinsäure* (from *Apotheke*)

Cream of Wheat or Farina – *Griess*

Flour – *Mehl*

Meat tenderizer – *Fleischzartmacher* or *Fleischweichmacher*

Molasses – *Melasse* or *Rübenkraut*

MSG – *Glutamat*

Nuts – *Nüsse*

Almonds – *Mandeln*

Hazelnuts – <i>Haselnüsse</i>	White – <i>Zucker</i>
Peanuts – <i>Erdnüsse</i>	Brown – <i>Rohrzucker</i> or <i>Brauner Zucker</i>
Walnuts – <i>Walnüsse</i>	Powdered – <i>Pudertzucker</i> or <i>Staubzucker</i>
Oatmeal – <i>Haferflocken</i>	Tapioca, pearl – <i>Sago</i>
Oil – <i>Öl</i>	
Prunes – <i>Backpflaumen</i>	Vinegar – <i>Essig</i>
Raisins – <i>Rosinen</i> or <i>Weintrauben</i>	Yeast – <i>Hefe</i>
Rice – <i>Reis</i>	
Sugar – <i>Zucker</i>	

## 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?

- Name
- Amount either by: weight, e.g. 1 liter milk; volume, e.g. 1 kilo sugar; or piece, e.g. 10 chocolate eggs.
- 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 table-spoon 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. *Erstling*, *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*, *Irmgard*, 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 – <i>Artischocken</i>	Carrots – <i>Karotten, Möhre</i> , or <i>Mohrrüben</i>
Asparagus – <i>Spargel</i>	Cauliflower – <i>Blumenkohl</i>
Beans – <i>Bohnen</i>	Celeriac or Celery Root – <i>Knollensellerie</i>
French – <i>Schnittbohnen</i>	Celery (Stalk type) – <i>Bleichsellerie</i> , <i>Stangensellerie</i> , or <i>Staudensellerie</i>
Green – <i>Grüne Bohnen</i>	Chicory – <i>Chicoree</i>
Waxed – <i>Wachsbohnen</i>	Wild Chicory – <i>Radicchio</i>
Beets – <i>Rote Beete</i> or <i>Rote Rübe</i>	Corn – <i>Mais</i> or <i>Zuckermals</i>
Beet tops – <i>Mangold</i>	Cucumber – <i>Gurke</i>
Broccoli – <i>Brokkoli</i> or <i>Italienischer</i> <i>Spargelkohl</i>	Dandelion – <i>Löwenzahn</i>
Cabbage – <i>Kohl</i>	Eggplant – <i>Aubergine</i>
Chinese – <i>Chinakohl</i>	Endive (Belgian) – <i>Endivie</i>
Red – <i>Rotkohl</i>	Escarole or Chicory Escarole –
Savoy – <i>Wirsingkohl</i>	
White – <i>Weisskohl</i>	

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 23<sup>rd</sup> 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!

*day, month, year*).

- 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 Zuckercouleur*), by the common market number (*Farbstoff E 150*), or as "antioxidation ascorbic acid" (*Antioxidationsmittel Zitronensäure or 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 – *Zuckercouleur* – 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 Souring Agents (*Emulgatoren and 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)
- Naturidentische 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-

rally produced, chemically produced, etc.

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 B<sup>1</sup> 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 (*Naturtrüber*) 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

**Chestnuts (*Kastanien*):** Among the joys of winter months is the enticing aroma of roasting 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 (*Hühnerkraftbrühe*) 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*

Portion - *Portion*

Pot or pan – *Topf or 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 – *Esstlöffel (ES)*

Teaspoon – *Teelöffel (TL)*

Thicker, thinner – *etwas dicker, ein bisschen dünner*

Water – *Wasser*

Cold – *kaltes*

Warm – *warmes*

To whisk or whip – *Schneebeesen 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 1<sup>st</sup> 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 19<sup>th</sup> century food faddist – the Reverend Graham.

**Knäckebröt** - 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 (*Schwarzbrot*) 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

Bream – *Brachsen*  
Carp – *Karpfen*  
Eel – *Aal*  
Perch – *Barsch*  
Pike – *Hecht*  
Salmon – *Lachs*  
Tench – *Schleie*  
Trout – *Forelle*

### Shellfish

Crab – *Krebs*  
Crayfish – *Languste*  
Lobster – *Hummer*  
Mussels – *Muscheln*  
Oysters – *Austern*  
Scallops – *Jacobsmuscheln*  
Shrimp – *Krabben*

### Saltwater Fish

Bass – *Seebarsch*  
Cod – *Dorsch*  
Dab – *Butt*  
Flounder – *Flunder*  
Haddock – *Schellfish*  
Hake – *Seehecht*  
Halibut – *Heilbutt*  
Herring – *Hering*  
Mackerel – *Makrele*  
Mullet – *Meerasche*  
Plaice – *Scholle*  
Red Fish – *Rotbarsch*  
Sea Salmon – *Seelachs*  
Sole – *Seezunge*  
Sprat – *Sprotte*  
Sturgeon – *Stör*

**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 Mehlschwitze*) 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 19<sup>th</sup> 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 beer 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.

*Weizenvollkornbrot* - 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

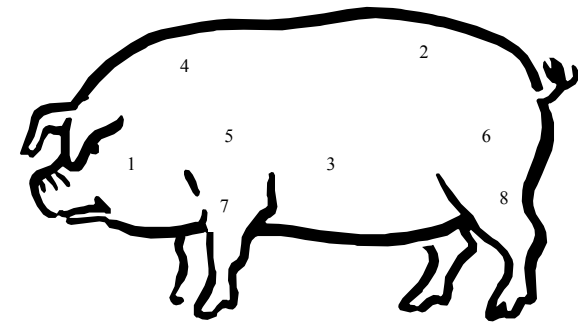
Be very careful with the cleaning, storing, and cooking of game. Also be sure to cook the meat long enough to kill any bacteria. If you have older meat or wish to give it a special flavor, you can marinate it in red wine or buttermilk, leaving it in the liquid overnight. Thaw any frozen meat in the refrigerator.

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

Rabbit - *Kaninchen*  
Partridge - *Rebhuhn*  
Deer - *Reh*  
Quail - *Wachteln*  
Boar - *Wildschwein*

**Pork (*Schwein*):**

1. Head - *Kopf*
2. Loin - *Rückenstück, Kotelettereihe (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

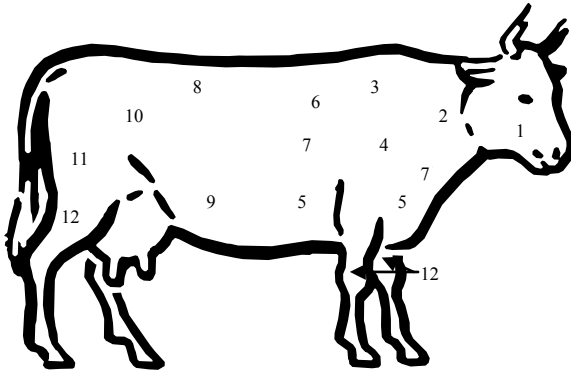
Streaky bacon: *Durchwachsener Speck* or *Bauchspeck*

**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 – *Schulter* 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 – *Beinflfleisch*



## Beef:

Braising and boiling: 5,7,9,12    With bone – *Wie gewachsen (w. gew.)*  
 Braising and Roasting: 2,3,6  
 Roasting: 4,11    Boneless – *(Ohne Knochen) (o. Kn.)*

Lean – *Schier*

## Veal:

Roasting cuts: Shoulder, rump, breast, loin, chops, best end of neck  
 Boiling cuts: Neck, breast, knuckles (stewed)  
 Whole – *ganz, im Ganzen*  
 Sliced – *in Scheiben*  
 Young beef (female): *Färse*  
 Young beef (male): *Jungbulle*  
 Castrated 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.

the labels because everything from buttermilk to Quark comes also in flavors.

- **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 (*Schwedenmilch*)** - 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

**Skim 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 all ways 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*.

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

**Cranberries (*Preiselbeeren*):** The German cranberry is smaller than its American counterpart and available in the late autumn. For those you 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).

	Outside Round	<i>Semer</i> or <i>Unterschale</i>	Roast
	Heel of Round	Not available	
<b>Less Tender Cuts</b>	Short Ribs	<i>Querrippe</i>	Soups
	Brisket	<i>Ochsenbrust</i>	Soup Also cook-ed with reddish gravy
	Shank steak	<i>Ochsenbrust</i>	Soup
	Shoulder Cross rib Blade steak Blade roast	Not available	Most butchers cut the bones out, and the meat is used for stewing beef.
	Plate and Flank steak	Not available	The meat is used for making all kinds of sausage.

## Ground Meats

<b>German Name</b>	<b>Composition</b>	<b>Fat content</b>
<i>Beefsteakhack</i>	Pure beef	5%
<i>Rinderhack</i>	Pure beef	25%
<i>Gemischtes Hack</i>	Beef and pork	Max. 25%

## 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. *Tournedos* 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

	American Cut	German Cut	Uses
<b>Tender cuts</b>	Rib Roast Rib Steak	<i>Hochrippe</i>	Roast
	T-bone Wing Porterhouse	(Mostly called T-	
	Strip Loin	<i>Rumpsteak</i>	
	Tenderloin	<i>Filet</i>	
	Sirloin	Not available	
<b>Medium Tender Cuts</b>	Sirloin tip Rump Round steak Sirloin	Not available. The German Way of cutting the hip produces a piece called " <i>Hüfte</i> " or " <i>Tafelspitz</i> ". It is a tender roast. You can even cut a good steak.	
	Eye of Round Inside Round	<i>Beefsteak</i>	Most common steak

"*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? Liebstöckel? 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.

##### Allspice – *Piment*

**Angelica (*Angelika* or *Engelwurz*)** – 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.

##### Anise – *Anis*

##### Arrowroot – *Pfeilwurzelmehl*

**Balm mint (*Minze* or *Zitronenmelisse*)** – are light green and smell like lemon. Use in salads, herbed Quark, herbed butter, and sauces.

##### Basil – *Basilikum*

##### Bay leaf – *Lorbeerblätter*

##### Capers – *Kapern*

##### Caraway Seed – *Kümmelsamen*

##### Cardamom – *Kardamom*

##### Cayenne Pepper – *Cayenne Pfeffer*

##### Celery Salt – *Selleriesalz*

##### Celery Seed – *Selleriesamen*

##### Chervil – *Kerbel*

##### Chili Powder – *Chili Pulver*

##### Chive – *Schnittlauch*

##### Cinnamon – *Zimt*

##### Cloves – *Nelken*

**Coriander Leaves (*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.

**Cucumber flavor (*Borrestch* 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.

##### Cumin – *Kreuzkümmel*

##### Curry – *Curry*

##### Dill – *Dill*

##### Fennel – *Fenchel*

**Garden Cress (*Gartenkresse* or *Kresse*)** – are tiny leaves usually sold in small sprouting boxes.

**Garlic – *Knoblauch***

**Ginger – *Ingwer***

**Horseradish – *Meerrettich***

**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 (*Liebstockel*)** – 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***

**Parsleyroot (*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 natur?*” 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 stove top cleaner and buff with a clean paper towel or cloth.

**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 (*Brunnenkresse*)** – are large leaves seldom found here.

## ***Kitchen Appliances***

**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 (usually located on the bottom of the dishwasher). Using a funnel (normally provided with the dishwasher), add sufficient salt to allow the indicator to show that the dispenser is full. 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.

**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

Fahrenheit	Celsius	Fahrenheit	Celsius	Fahrenheit	Celsius
0	-18	10	-12	20	-7
5	-15	15	-8	25	-4

Fahrenheit	Celsius	Fahrenheit	Celsius	Fahrenheit	Celsius
30	-1	210	99	400	204
32	0	215	102	405	207
35	2	220	104	410	210
40	4	225	107	415	213
45	7	230	110	420	216
50	10	235	113	425	218
55	13	240	116	430	221
60	16	245	118	435	224
65	18	250	121	440	227
70	21	255	124	445	229
75	24	265	129	450	232
80	27	270	132	455	235
85	29	275	135	460	238
90	32	280	138	465	241
95	35	285	141	470	243
100	38	290	143	475	246
105	41	295	146	480	249
110	43	300	149	485	252
115	46	305	152	490	254
120	49	310	154	495	257
125	52	315	157	500	260
130	54	320	160	505	263
135	57	325	163	510	266
140	60	330	166	515	268
145	63	335	168	520	271
150	66	340	171	525	274
155	68	345	174	530	277
160	71	350	177	535	279
165	74	355	179	540	282
170	77	360	182	545	285
175	79	365	185	550	288
180	82	370	188	555	291
185	85	375	191	560	293
190	88	380	193	565	296
195	91	385	196	570	299
200	93	390	199	575	302
205	96	395	202	580	304