



Land und Leute

Das Brot

Bread plays a significant part in the daily nutrition of people in the German-speaking countries. Approximately 200 types of bread are baked in Germany alone. Names, shapes, and recipes vary from region to region. The most popular breads are baked fresh daily in one of the many bakeries (**Bäckereien**) and have a tasty crust. They also tend to have a firmer and often coarser texture than American breads.

A typical breakfast would not be complete without a crisp **Brötchen** or **Semmel**, as rolls are called in many areas. Open-faced sandwiches (**belegte Brote**) are popular for the evening meal and as a light lunch, and they are often eaten with a knife and fork. Bread is made from a wide variety of grains, including rye (**Roggen**) and wheat (**Weizen**). Many types of bread are made from several kinds of grain—**Dreikornbrot**, **Vierkornbrot**. **Vollkornbrot**

is made of unrefined, crushed grain. Bread with sunflower seeds (**Sonnenblumenbrot**) is also very popular. There are bread museums in Ulm, Mollenfelde, and Detmold that often feature **Gebildbrote** (*picture breads*) in the shape of animals, wreaths, and even violins.

Other baked goods are also popular. There are about 1,200 kinds of **Kleingebäck** (a term used for baked goods like rolls, soft pretzels, bread sticks, etc.). A bakery or pastry shop (**Konditorei**) always has a large selection of cookies (**Kekse**, **Plätzchen**), pastries (**Gebäck**), and cakes (**Kuchen** and **Torten**).



In dieser Tübinger Bäckerei gibt es über zehn verschiedene Brotsorten.

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Einkafen



Ein Naturkostladen mit Bio-Produkten in Bremen.

There was a time when most Germans did their routine shopping at the mom-and-pop store on the corner (**Tante-Emma-Laden**). Now, however, these small stores have almost vanished and have been replaced by supermarkets, which tend to be smaller than American ones and are often located within walking distance of residential areas. Although the supermarkets are self-service stores, fresh foods such as cheeses, meats, cold cuts, bread, and vegetables may be sold by shop assistants at separate counters. Many neighborhoods still have an individual bakery (**Bäckerei**) or a butcher shop (**Metzgerei**). A wide variety of foreign foods is available because many immigrants have opened small stores that specialize in the foods of their homelands, for example Turkey or Greece. **Bio-Läden** (*organic food stores*) are also very popular. In the past these stores were generally small and the products expensive. Today there is a trend to **Bio-Märkte**, which are able to sell at prices people feel they can afford. In addition, the government subsidizes growers of organically grown products to help reduce the prices.

Many of the larger department stores (**Kaufhäuser**) also have complete grocery departments (**Lebensmittelabteilungen**). And on the outskirts of many cities there are large discount stores (**Einkaufszentren**), which sell not only groceries but a wide variety of items ranging from clothing to electronic equipment, and even prefabricated houses.

Customers bring their own bags (**Einkaufstaschen**) to the supermarket or buy plastic bags (**Plastiktüten**) or canvas bags at the checkout counter. Customers pack their own groceries and generally pay for their purchases with cash (**Bargeld**), although the use of credit cards (**Kreditkarten**) is becoming more common at larger stores and for online shopping.

Natürlich Bio...

<p>Andechser Natur Bio-Sennkäse Deutscher Wivchkäse, 50% Fett i. H., pikant-würzig 1.39 100 g</p>	<p>Sobbeke Bio-Milchreis 4 Sorten: Kirsche, Zimt, Schoko oder Natur - ohne Aroma-zusatz, 3,7% Fett 0.59 je 150 g</p>	<p>Rosengarten Bio-Osterhase Klassischer Osterhase aus Vollmilchschokolade 0.89 100 g - 3.23</p>
<p>Les Grappes d'Antan A.O.C. Côtes du Rhône Französischer Rotwein, trocken, würzig und vollmundig, passt hervorragend zu Fleisch, Wild und Käse 4.99 11 - 6.65</p>	<p>Berchtesgadener Land Bio-Frucht- & Knusper-Joghurt 3 Sorten: Erdbeere mit Knuspermusli, Vanille mit Knuspermusli oder Himbeere mit Dinkel-Schokoladenbällchen - 3,9% Fett 0.65 100 g - 0.43</p>	<p>denwee Bio-Fruchtaufstrich 4 Sorten: Erdbeere, Himbeere, Heidelbeere oder Aprikose - 55% Fruchtanteil 1.79 1 kg - 5.30</p>

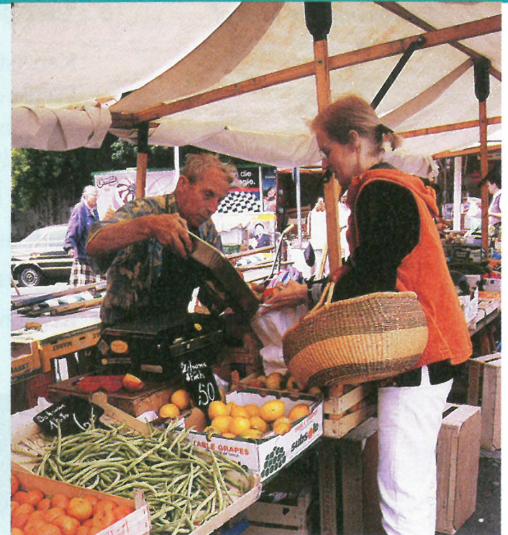
Lebensmittelabteilungen. The largest is on the sixth floor in the **Kaufhaus des Westens (KaDeWe)** in Berlin. It offers a great variety of international foods. Altogether it has more than 500 kinds of bread, 1,000 kinds of cheese, and 1,500 kinds of sausages and cold cuts.



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Der Markt

Many people in the German-speaking countries prefer to buy their groceries at an outdoor market (**Markt**) because of its larger selection of fresh vegetables, fruit, and flowers grown by local farmers. There may also be stands (**Stände**) with bread, fish, sausages, eggs, herbs, and teas. Some markets are held daily, others once or twice a week; still others, like the famous **Viktualienmarkt** in Munich, have become permanent and are open the same hours as regular stores. Smaller cities, like Freiburg, often have a market right in their medieval centers, thus presenting a picturesque image of the past. Large cities, like Berlin or Vienna, offer a more cosmopolitan ambiance with their Turkish, Italian, or Eastern European markets. Hamburg's famous **Fischmarkt** in the St. Pauli harbor district opens very early on Sunday mornings and sells not only fish but a great variety of products that have just arrived from all over the world.



Auf dem Markt gibt es immer frisches Obst und Gemüse.

Das Frühstück



Typisches deutsches Frühstück mit Kaffee, Wurst, Käse, Brötchen und Jogurt.

Ein gutes Frühstück ist die wichtigste Mahlzeit am Tag (*A good breakfast is the most important meal of the day*) is a popular saying in the German-speaking countries. A German breakfast (**Frühstück**) can be quite extensive, especially on weekends or holidays. Usually it consists of a hot beverage, fresh rolls (**Brötchen**) or bread, butter, and jam; often there are cold cuts, an egg, cheese or perhaps yogurt, whole grain granola (**Müsli**), and juice or fruit. Pancakes are not a common breakfast food. Eggs for breakfast are usually soft-boiled (**weich gekocht**). Scrambled eggs (**Rühreier**) and fried eggs (**Spiegeleier**) are more often served for a light meal either for lunch or in the evening. Traditionally, the main hot meal of the day was eaten at noon (**Mittagessen**). Recently, however, more and more people prefer to eat their hot meal in the evening (**Abendessen**).