

FEATURES OF GERMAN CUISINE (ОСОБЛИВОСТІ НІМЕЦЬКОЇ КУХНІ)

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У доповіді йде мова про особливості німецької кухні, продукти, які найчастіше вживаються в їжу, страви та напої, різновиди німецької кухні за регіонами країни.

The cuisine of Germany is made up of many different local or regional cuisines.

The most common varieties of meat are pork, poultry and beef. A long tradition of sausage-making exists in Germany. More than 1,500 different types of sausage are made. Of salt water fish, Alaska pollock is the most common. Popular freshwater fish on the German menu are trout, pike, carp, and European perch also are listed frequently. Vegetables are often used in stews or vegetable soups, but are also served as side dishes. Carrots, cauliflower, turnips, asparagus, spinach, peas, beans, broccoli and many types of cabbage are very common.

Breakfast commonly consists of bread, toast, or bread rolls with butter or margarine, cold cuts, cheeses, jam, honey and eggs. Traditionally, the main meal of the day has been lunch, eaten around noon. Dinner was always a smaller meal, often consisting only of a variety of breads, meat or sausages, cheese and some kind of vegetables, similar to breakfast, or possibly sandwiches. Among the side dishes are common noodles, mashed potatoes, fried potatoes, dumplings, salads. Among spices and condiments parsley, thyme, laurel, green onions, black paper, juniper berries, nutmeg, caraway seeds and mustard are common. A wide variety of cakes, tarts and pastries are served throughout the country, most commonly made with fresh fruit. Bread is a significant part of German cuisine, with the largest bread diversity in the world. Popular drinks are coffee, water, beer, wine.

German regional cuisine can be divided into many varieties such as Bavarian cuisine (southern Germany) or Thuringian (central Germany) and Lower Saxon cuisine. In the north, restaurants in Hamburg and Berlin might feature eel soup or seafood stew. In the center of the country, menus include breads and cereals made with buckwheat and rye flour.