

German Cuisine

As you all probably already know, the German cuisine is completely different to the Irish one. They have an unimaginably huge variety of bread types and sausages and loads of different spreads to make delicious sandwiches (for example Quark which is a kind of cottage cheese / yoghurt mix... I'll try to get a photo next time I eat it...) The bread is perhaps the tastiest food I've tried so far in Germany. Everytime I go to the bakery I choose a different kind – and with great difficulty at that because there's nothing yummiier than the smell of freshly baked bread on a Sunday morning. That's right – bakeries open on Sundays, unlike all the other shops. I believe that this highlights how important bread is to Germans! The bakery is only open on Sundays and people still buy bread in bakeries even though it's more expensive than in supermarkets. My Mitbewohnerin Johanna buys bread every Sunday morning for breakfast. They even eat bread for dinner sometimes. Actually very often! This is – Abendbrot – which just means bread you eat in the evening.

I live with five other people in a Wohngemeinschaft or shared flat and we have WG-Abend every Sunday where we cook together and chat afterwards. I love WG-Abend and so far we've had Abendbrot for dinner more often than not. I definitely see the appeal – you eat different kinds of fresh, warm bread for dinner and add lots of delicious toppings and spreads. There's minimal preparation required, 0 cooking time and almost no clean-up afterwards. My Mitbewohnerin Johanna said that she used to eat Abendbrot almost everyday as a child. When they first mentioned we'd be eating bread for dinner I was quite sceptical as to whether or not that was a good idea. I imagined eating a sandwich for dinner and thought I would definitely still be hungry afterwards, but it's nothing like that. You add lots of toppings and spreads to the bread so it ends up being just as filling as a normal cooked dinner. When I return to Ireland I'm definitely going to convince EVERYONE that they need to start eating Abendbrot for dinner.

The second delicious food I discovered is a Rollo. It's not German, it's Turkish, but everyone in Bremen loves Rollos. They're cheap, filling and delicious. When I told my friends about them they laughed and said “So you discovered a wrap, Zoya?”. It's so much MORE than a wrap. Filled with delicious chicken/beef, fried vegetables, spices and sauce, the rollo is then baked in an oven to give the wrap that extra crunch. I also heard a rumour that eating a rollo on a night out is a magical cure for the next morning's Kater... I haven't managed to get a photo of a rollo as it is so delicious I have it eaten before I even think about photographing it!!

The third and final delicassy I've been enjoying in are German sausages. The scene in Charlie and the Chocolate Factory where Augustus Gloop is being interviewed in Düsseldorf wasn't over-exaggerating – the mountain of sausages behind him perfectly describes how readily available sausages are in Germany. . There's possibly even more kinds of German sausages or Würste than there are kinds of bread in Germany. Among the ones I've tried and would highly recommend are:

Bratwurst, Rostbratwurst, Blutwurst, Bockwurst (my personal favourite), Bregenwurst, Knackwurst, Landjäger and Leberwurst. The only thing Germany is missing is Irish sausages! Sausages are the perfect addition to many dishes here in Bremen. A famous one is “Grünkohl”. Sometimes in the Mensa (the university cafeteria) they serve Grünkohl, which is kale, sausage and potatoes. Apparently it’s seasonal here and mainly eaten at wintertime. I’m yet to try a Currywurst even though they’re sold on every corner in the city centre. This is definitely on my to-eat list though – it is good to have plans, right?

