

German Food Is A Cuisine Enthusiast's Paradise

To most in the international scene, German food conjures up images of fresh, mouth watering *Sauerkraut*, foot long sausages, and German beer steins holding some of the “foamiest” brews in the world. Although these foods are Germany’s hallmarks, they do not tell the whole story of this part of the [German cuisine](#).

For starters, Germany is a cuisine enthusiast’s paradise, with a diverse selection of foreign restaurants stretching from [Munich](#) to [Berlin](#) including Thai, Greek, and Turkish restaurants with their patented Döner Kebabs and Falafel sandwiches. In addition, major cities like Berlin hold street stalls which serve fast food like fried sausages served around the clock.

Lighter, spicier foods in Germany have taken a backseat to preserved smoked and marinated food as a result of its interactions with Northern Europe and the abundance of fertile land along with a consistent climate that promotes meat and dairy products.

German food also comes with a neat eating regimen as well, with meals served three times a day consisting of a hearty breakfast (known as *Frühstück*) with bread and rolls along with cereal, fruit, and cream cheese plus strong coffee, lunch, and dinner.

Lunch (*Mittagessen*) is Germany’s main meal, and usually consists of anywhere from two to seven courses including hot soups, appetizers, and a main dish that incorporates meat and vegetables.

Unlike South American countries, German dinners are almost always cold and served towards the evening with six o’clock being the norm.

It is important to note that breakfast remains important to us, although Continental breakfasts have blazed trails in the past few years.

As I mentioned, the German diet consists of plenty of sausage varieties including *Wiener Wurst* (beer and pork mixed with garlic), the original *Frankfurter*, *Bierwurst*, and *Bratwurst* with ginger and pork.

Bread is also another German staple with **thousands** of different varieties like the basic pretzel, farm bread, and sunflower. German bread is something I miss the most whenever I’m out of the country.

German food also incorporates hearty drinks like its world renowned [German beer varieties](#). Local and regional breweries produce foamy masterpieces consistent with the tradition of a particular region.

For example, the popular *Altbier* brand is popular around the [Rhine River](#) (especially in [Düsseldorf](#))

while *Lager* (wheat beer) and *Weizenbier* is prevalent in [Munich](#).

[Wine](#) also prevails, with consumption revolving mainly in the south given the northern part's resistance to grape vine growth.

For a national celebration, join the Oktoberfest festivities in Munich in September where people from across the globe gather for one all-out drinking party complete with music and games.

All in all, German food is sure to capture your fancy. ;-)