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# TASTE OF BAVARIA

Typical recipes  
and impressions



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# OFF TO THE PEAKS OF PLEASURE!

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Bavarian cuisine – much like the Bavarians themselves – is perhaps a little rough, a little bitter and a little heavy. But those who think it's summed up by pork knuckle and dumplings are greatly mistaken. Let's get rid of this cliché once and for all! As you make your way to the peaks of Bavarian cuisine, you'll discover all its unique, heavenly pleasures! The dishes are subtly elegant, usually simple, exquisitely honest, authentic and tasty – and always top-class.

Bavarian cooking is packed full of traditions its people are particularly proud of, and they foster and preserve them with great care. Nothing is wasted. This is perfectly exemplified by the Munich Kocherlball, or Cooks' Ball, which has become a huge annual event. People meet on a Sunday morning by the Chinese Tower in the English Garden to commemorate all the servants – from kitchenhands to cooks to stable workers – who, in the 19th century, would gather here every Sunday at the crack of dawn before getting back to their hard work. People would chat, dance, kiss and eat. They didn't have much, but they made the most of what little they had. That's the Bavarians for you: making something out of nothing!

Bavaria has virtually achieved a cult status, and not just during the Oktoberfest! The home-grown recipes from times past, and for all manner of occasions, are today more relevant than ever. And they all fit into our “neatly packed rucksack”, which effortlessly transports everyone – locals, visitors and Bavaria fans alike – to the region’s culinary peaks. What you do need, however, are proper regional products, like healthy cattle, who love being out in the fresh Bavarian air, and flavoursome vegetables and herbs, which thrive in our wonderful soil.

So now it’s your turn to embark on your culinary ramble and scale unimaginable heights. We’re sure you’ll make it. And if you have the odd problem, don’t give up; just keep at it. Because the only way to get better is to actually get into the kitchen and start cooking. We would certainly love for you to reach the top and proclaim that “Bavarian food is awesome and tastes simply delicious!”

*Horika Schuster*

*Anna Carina*



# CAN'T DO WITHOUT THESE ESSENTIALS FOR THE KITCHEN



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**BROTZEIT IS THE BEST  
TIME**

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**Since there's nothing Bavarians love more than eating in the open air, we've got your Brotzeit picnic baskets covered - from sausage and radish salads to brawn. So it's off to the beer garden, where a fresh Bavarian beer awaits!**





# **BROTZEIT BASKET**

## **ALL THIS IS INSIDE**



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## **LIQUIDS DO NOT BREAK THE FAST**

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Such was the pious and strictly followed rule. So it's no wonder then that the art of beer brewing in the early Middle Ages was particularly cultivated at the Bavarian monasteries, where praying and working (Latin: orare and laborare), as well as the fasting times in between, were often exceptionally hard. The monks therefore applied their Christian diligence and zeal to refining their fasting beverages. The strongly brewed beer they produced was in fact greatly beneficial, and nourished the impoverished friars enough for them to continue working and praying. It also unquestionably brightened their mood. Each of the brothers would ultimately receive five helpings (or measures) a day. And the quantity which later became the Mass (meaning measure) was the equivalent of one to

two litres of the delicious brew. So the Bavarians' ongoing love of beer today clearly has spiritual origins, and can be seen as having a Bavarian Catholic heritage.



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## **OANS, ZWOA, GSUFFA!**

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Bavaria's brewing culture was officially born in 1040, when the city of Freising granted the Benedictine abbey brewery in Weihenstephan the right to brew and serve alcoholic beverages. In Munich, too, it was mainly the monasteries which brewed beer professionally some one hundred years after the city's founding in 1158. The monks' beer gained a prominent reputation, for nowhere else was beer produced with such fervour.

To ensure others could also profit from the amber-nectar business, Duke Stephen II established the "brewing constitution" in 1372, and from then on, anyone could purchase "the right to brew" for a fee. But, as one might imagine, this did not always benefit the beer quality; all

kinds of preservatives were often added to the brew, making it not only taste terrible, but also at times causing strange psychedelic or other side effects not felt from the monks' cleanly brewed liquid. There was talk of juniper, henbane and bay laurel, of vermouth and poppy juice, and even of ash and ox gall being added. To protect the quality and reputation of his Bavarian beer, Duke William IV of Bavaria finally enacted the "Reinheitsgebot", or the Bavarian Purity Law, in 1516. From then on, Bavarian beer worthy of the name would only consist of barley, hops and water.

To this day, Bavarians still treat their beer as a staple, and are uncompromising in their choice. Once "the one" has been found - and sometimes this is even inherited - they will only frequent establishments which serve "their" beer. The Bavarians' ongoing pride in the spiritual roots of beer is on display every year in Munich at the world's largest beer festival, the Oktoberfest (although it actually starts in September), when the entire city goes wild for 16 whole days. Then it's a question of everyone from all corners of the globe, whether Japan, New Zealand or Australia, donning traditional dirndl and lederhosen costumes and toasting each other "One, two, bottoms up!".





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## **SAUSAGE SALAD**

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**EASY AND GOOD**  
**SERVES 4:**

150 g gherkins (from a jar, with 300 ml gherkin liquid)  
1 red onion  
2 tbsp white vinegar  
100 ml vegetable stock  
1 tsp medium-hot mustard  
1 tsp sugar  
salt | freshly ground black pepper  
8 tbsp vegetable oil  
500 g Regensburger or Lyoner boiled sausage  
1 bunch chives

**HOW LONG IT TAKES:** c. 20 min

**MARINATING:** c. 1 hour

**PER PORTION:** c. 595 kcal | 16 g p | 58 g f | 4 g ch

**1** Thinly slice the gherkins. Peel and halve the onion, then cut it into thin strips. In a bowl, combine the gherkin liquid, vinegar, stock, mustard and sugar, using a whisk. Season with salt and pepper. Place the gherkins and the onion into the marinade and stir to combine well, then stir in the oil. Stir everything again, check the seasoning to taste.

**2** Pull the skin off the Regensburger or Lyoner sausage, then cut the meat into thin slices or strips. Stir the sausage into the marinade and leave to marinate for at least 1 hour.

**3** Rinse the chives, shake dry, then snip into thin rings. Serve the sausage salad in deep plates with a little of the marinade drizzled over the top, then sprinkle with the chives. Serve the salad with pretzels or rye bread with butter.

**With the first rays of the sun, the Bavarians go outside to a beer garden. Most of them bring their own food - and pickled sausages or sour brawn are always in the basket. You can of course buy both of these as well as various other Brotzeit treats at the**



**snack bars, but they taste so much better if they're made at home.**



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## **SOUR “RED-WHITE” PRESSSACK**

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**RUSTIC AND SPICY**  
**SERVES 4:**

4 slices each of red and white Presssack (= brawn, weighing 100 g each and c. 1 cm thick)  
200 ml beef broth ([≥](#), or ready-made beef stock)  
4 tbsp white vinegar  
1 tsp sugar  
salt | freshly ground black pepper  
4 tbsp vegetable oil  
1 large red and 1 large white onion

**HOW LONG IT TAKES:** c. 10 min

**MARINATING:** c. 30 min

**PER SERVING:** c. 310 kcal | 16 g p | 24 g f | 5 g ch

**1** If necessary, remove skins or strings from the Presssack slices. Place 1 red and 1 white slice into each deep plate.

**2** Warm the beef broth until lukewarm, transfer to a bowl and combine with the vinegar, sugar, salt and pepper. Leave the marinade to stand for 5 minutes until all the spices are dissolved, whisk in the oil.

**3** Peel the onions, cut or shave into very thin rings and arrange on the Presssack – white onions on the red Presssack, red onions on the white Presssack. Pour about 7 tablespoons of marinade into each plate and leave to marinate for about 30 minutes. Serve the Presssack with farmhouse bread, pretzels or Brotzeit sticks ([≥](#)).



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## **SOUR CHEESE**

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### **SOUR AND AROMATIC**

#### **SERVES 4:**

150 g gherkins (from a jar, with 200 ml gherkin liquid)

1 large red onion

4 tbsp white vinegar

1 tsp sugar

salt | freshly ground black pepper

400 g Limburger cheese (or Maroilles cheese)

200 g Handkäse (sour milk cheese, plain or blue)

3 tbsp sunflower oil

**HOW LONG IT TAKES:** c. 15 min

**MARINATING:** c. 1 hour

**PER PORTION:** c. 420 kcal | 38 g p | 28 g f | 4 g ch

**1** Cut the gherkins into  $\frac{1}{2}$  cm cubes. Peel and finely dice the onion. Combine the gherkin liquid with the vinegar and sugar, season with salt and pepper to taste and stir well. Leave the marinade to stand for about 5 minutes until all the spices are dissolved.

**2** Cut both types of cheese into 1 cm slices. Stir the oil into the marinade, add the gherkin and onion cubes and stir everything again to combine well. Check and adjust the seasoning with salt and pepper.

**3** Put 2–3 tablespoons marinade into a shallow dish (c. 18 x 30 cm). Place the cheese slices into the dish side by side, alternating. Pour over the remaining marinade, cover with clingfilm and leave to draw flavour for at least 1 hour at room temperature.

## **USEFUL TIPS**

The longer you leave the cheese in the liquid, the better will it take on the aroma of the marinade. You can even marinate the cheese a day in advance; in that case omit the onions and add them only just before serving (finely cut them into very thin rings instead of dicing them if you like).

Really delicious: Add 1–2 pinches of caraway seeds to the cheese salad. If you don't like to bite on the seeds, use ground caraway instead.



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## **OBAZDA**

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**Obazda, pronounced “o-buts-dah”, cannot simply be translated. A beer garden classic, this well-spiced, mashed-up cheese, butter and cream spread needs to be enjoyed to be understood.**

### **FLAVOURSOME AND CREAMY**

#### **SERVES 4-6:**

1 small onion

100 g soft butter

120 g ripe Romadur cheese (45 % fat, or any other red culture cheese)  
200 g ripe Brie or Camembert  
½ tsp sweet paprika  
2 pinches of hot paprika  
1 tsp caraway seeds  
2 tbsp wheat beer (optional)  
150 g cream cheese  
salt | freshly ground black pepper  
1 bunch chives

**HOW LONG IT TAKES:** c. 25 min

**MARINATING:** c. 1 hour

**PER SERVING** (when serving 6):  
c. 365 kcal | 16 g p | 33 g f | 1 g ch

**1** Peel and finely dice the onion. Melt 1 tablespoon of butter in a frying pan. Add the onion and fry, stirring, for 5 minutes until translucent or golden. Take off the stove and leave to cool.

**2** Finely dice the cheese (see tips). In a bowl, beat the remaining butter with the whisks of a handheld mixer for 2 minutes until nice and creamy. Whisk in the diced cheese, paprika, caraway seeds and the wheat beer if using, adding the cream cheese right at the end. Season with salt and pepper to taste, but use the salt only sparingly as the two cheeses are already quite salty.

**3** Stir the onion into the beaten cheese mixture, check the seasoning and leave to rest and marinate for at least 1 hour. Just before serving, rinse the chives under cold water, shake dry and snip into thin rings. Place the Obazda in a bowl or on a chopping board, sprinkle with the chives – and enjoy.

## **USEFUL TIPS**

The cheese for an Obazda is easiest to work when it is at room temperature, so it pays to remember and take it out of the fridge before making the dish.

To chop strong types of cheese such as Romadur or Miesbacher, it's best to wear disposable kitchen gloves and chop the cheese on top of the wrapping paper – this way, neither your hands nor the cutting board will take on the strong cheese aroma.

## **LIGHT-WEIGHT VARIATION**

To serve 4, pull apart 200 g ripe Camembert roughly with your fingers, place into a bowl and combine with 200 g cream cheese. Beat both with the whisks of a handheld mixer for about 2 minutes until creamy. Season with salt, pepper, 1 tsp sweet paprika, a pinch of ground caraway seeds and a pinch of sugar. Spoon this Obazda “light” into 2 screw-top jars (of 200 ml each), close well and keep chilled in the fridge until serving. If you like, you can also place some snipped chives and diced onion on the table (white or red onion) when serving. Now everyone can help themselves and garnish their own Obazda to their own taste.







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## **BEER GARDEN FAVOURITES**

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Sitting outside under the chestnut trees and idly wondering whether the afternoon sun can penetrate through the leaves while enjoying a freshly drawn half or a whole Mass. This is somehow refreshing, and deeply relaxing for the mind, to the point where it doesn't matter anymore who shares your bench. The beer garden provides a unique opportunity to see the Bavarians, otherwise more likely to be shy with strangers, talk to people from far and distant lands such as Rome or Tokyo, or even Düsseldorf in the Rhineland. This may well be due to the distinctive atmosphere felt in a Bavarian beer garden, rooted in a parallel universe somewhere between

zen and social interaction. Or it may simply be the delicious beer ...

The Bavarians owe this traditional and much-loved beer garden institution under the chestnut trees to the long-established Munich breweries. In 1539, new brewing laws stated that beer could only be brewed between the feast days of St Michael (29 September) and St George (23 April). It was prohibited during the hot summer months, because the boiling process created a serious risk of fire. To ensure that customers weren't left high and dry during this "dry" period, the last beer - the so-called Märzenbier, or March beer, - was brewed to be more full-bodied, making it longer lasting, but also more palatable. To tide their stocks of beer over the warmer months, the brewers would set up storage cellars next to their breweries. In winter they would prepare by cutting lots of ice from the surrounding ponds and filling the cellars with it to keep the barrels cool in summer. Leafy horse chestnut trees were also planted to overhang the roofs, their thick foliage providing additional pleasant, cool shade.





## **PROST MITNAND! - CHEERS EVERYONE!**

Under these inviting chestnut trees there was also room for tables and benches - the perfect place for the brewers' Brotzeit, or break time. And gradually, walkers and daytrippers would also join in, enjoying a freshly drawn beer to ease the thirst in the midday heat. But what became a great sideline business for the brewers was an affront for publicans, who were up in arms about their lost business. In order to curb any further derailment, King Maximilian I of Bavaria decreed on 4 January 1812 that, unlike the pubs, the breweries were only able to serve beer, not meals.

So anyone wanting to enjoy a beer under the great chestnut trees now had to bring their own food, though even this could only consist of cold meals and other homemade snacks often packed in a basket. It would all be served on a checked tablecloth – just not one with the Bavarian diamond pattern. Set on the table were wooden cutting boards, and a selection of Bavarian beer radishes and little red radishes, fresh butter, Leberkäse (Bavarian loaf-shaped sausage), Obatzda (mashed cheese spread) or Griebenschmalz (crackling fat). This arrangement marked the official birth of the world-famous Bavarian beer garden. And the cosy spots under the trees – at least in the city – soon became vast stomping grounds for open-air drinkers of all ages, ethnic and new Bavarians, visitors and tourists, who gather here in rare and, above all, democratic harmony.