

Training Module “Hobby Activities”

German food



German food

- Since time immemorial, sauerkraut has been particularly typical of German cuisine.
- Sauerkraut
 - is white or pointed cabbage preserved by lactic acid.
 - is usually served cooked as a side dish.
 - contains a lot of vitamin C.
 - is low in calories and good for digestion.
- During the First and Second World Wars, the Germans' high consumption of sauerkraut attracted attention, so that the Allies gave the Germans the nickname "the krauts".

German food

- Sauerkraut is usually served as a side dish for hearty meals.
- It is often served with potatoes, onions and bacon or other hearty meats such as knuckle of pork, bratwurst or *Kasslerbraten*.
 - *Kassler* is pickled and lightly smoked pork made from the rib, shoulder and belly.
- Sauerkraut can also be garnished sweetly with grapes, pineapple or apple pieces.



Source: flickr
All right reserved