

Was trinken die Deutschen? das BIER, die Biere

10 FASCINATING FACTS YOU NEVER KNEW ABOUT GERMAN BEER

5. Monks used to call beer “liquid bread” because they drank it while fasting



The monks at the Weltenburg Abbey in Bavaria brewed beer from 1050 - the world's second oldest brewery.

A bit like some of the finest champagnes, most beer started out being brewed in monasteries. Monks used to stew barley and hops in boiling water. At the time, they did not know about the importance of yeast for the fermentation process.

According to the [German Brewer's Federation](#), it was because the monks often brewed beer near bakeries where the surroundings contained more yeast than usual, that the process worked perfectly without them consciously adding it. Apparently they assumed in the early Middle Ages that the fermentation was a miracle. It was only at the end of the 19th century that the necessity of yeast was scientifically proven.

When the monks fasted during Lent for 40 days, bread was not an option, but they could drink beer, so they nicknamed it “[Flüssiges Brot](#)” or “liquid bread”.