

WAS ESSEN DIE DEUTSCHEN? / WHAT DO THE GERMANS EAT?

10 DELICIOUS FOODS YOU HAVE TO TRY WHILE LIVING IN GERMANY

6. Maultaschen



We head back down to Baden-Württemberg for this classic of German cuisine. *Maultaschen* are kind of like ravioli but much bigger. A pasta dough is the casing for a mouth-watering mix of minced meat, smoked meat and spinach, bread crumbs and onions.

The dish is traditionally eaten during the Easter period on Maundy Thursday and Good Friday. Legend has it that monks created Maultaschen so that the meat which they weren't supposed to eat during Lent was hidden from God. To this day, a nickname for them is *Herrgottsbescheißerle* (little God cheaters).

7. Rheinischer Sauerbraten

This dish traditional to the west German Rhine region used to include horse meat, before slaughtering equines went drastically out of fashion in recent decades. Nowadays beef is the standard option.

The meat is marinated for days in a mixture of vinegar, wine and various herbs. It is then roasted and served with a sauce which consists of raisins, the left-over marinade and a sweetener, which is sometimes the Christmas cookie *Lebkuchen*.