

WAS ESSEN DIE DEUTSCHEN?

HOW GERMANY'S MARVELOUS BREAD HELPED ME OVERCOME FOOD ANXIETY

"Rolls were only for the weekend or special occasions. Something special and more expensive than bread."

However, Heinzelmann points out that not all bread is equal and hopes that a new breed of artisan bakers will ensure quality is on offer in Germany.

"Nowadays you have, at every corner, the so-called bakers who are part of a larger chain and are really quite industrial. They have pre-baked doughs which they just finish."

"We need a large base of affordable reliable quality at every corner for everybody."

Journalist and author Samuel Fromartz, who worked at Weichardt Bakery in Berlin as part of his research on his book, *In Search of the Perfect Loaf*, says he found high quality bread on offer in Germany.

"There's a bread culture in Germany so people eat and appreciate breads," he says. "I love that you can buy pretty good bread all over."

"Not all the bread I had in Germany was great but what I loved was the variety of breads and all the things they were doing with wholegrains, seeded loaves and how sourdough was essential to fermentation of their breads as opposed to just using commercial yeast."

"All of that increases the spectrum of flavours and textures that you can get from bread."

Fromartz says his favourite loaf is a Rogenweißen (rye wheat) from Weichardt. "It's marvelous," he says. "You have a couple of slices and it's almost a meal in itself."

'Everyone should eat bread'

Although I'm sure there are people who don't like the wheat stuff, not one person I've met here yet has had a bad word to say about it. There also seem to be far fewer scare-mongering articles displaying how you can lose weight by ditching bread from your diet.

Kütscher says there is a trend in western media to sell "new nutritional wisdom" which creates uncertainty for people over what to eat.