

WAS ESSEN DIE DEUTSCHEN? (Brot)

What do the German eat? (bread)

bread: das Brot, die Brote

I. Bread culture**A. Germany, land of breads**

1. German bread—a cultural staple
2. Sourdough and more: German bread as cultural heritage
3. German bread: a healthy institution
4. Part of German culture
5. History of baking

B. Bread tips

1. Five delicious bread you have to try
2. Why Germans have a day to celebrate “Butterbrot sandwich?”
3. An old staple enjoys new popularity
4. Everyone should eat bread
5. How Germany’s marvelous bread helped me overcome food anxiety

II. Types of bread: Did you know there are 3,200 different types of bread in Germany?**A. The basics of bread**

1. The basic diet
2. Sour dough, rye, whole wheat, caraway, pumpernickel
3. Quality and variety

B. German varieties: Discover different German bread types!**1. pretzels (Brezeln)**

- Pretzels: a medieval German delicacy
- Pretzels—a twisted fate
- To the Germans, pretzels are more than a snack
- Different words for pretzels (Brezeln):

Bretzel, Brezn, Brezzel, Bretschl, Silserli, Süzerli in various German dialects

2. Pumpernickel bread

- Secrets of German pumpernickel

3. rolls (Brötchen)

- When a Brötchen is a Bömmel ...
- North and South differences in Brötchen:

Brötchen—High German, Rhineland, and parts of North Germany

Semmel—Bavaria, Saxony, and Austria

Rundstück—Hamburg and Schleswig-Holstein

Schrippe—Berlin and parts of Brandenburg

4. chopped whole rye bread (Vollkornbrot)
5. rye bread (Roggenbrot)
6. Landbrot
7. farmer’s bread (Bauernbrot)