

## ÖSTERREICHISCHER LEBENSTIL UND ÖSTERREICHISCHE KULTUR (Austrian Lifestyle and Culture)

### 7 Common myths about Austrian food you need to stop believing

spiced Christmas biscuit, there are many flavours in Austrian food.

No *Würstelstand* (sausage stand) is complete without its jar of pickled chillis or gherkins. Bread is often *gewürzbrot* – seasoned with caraway, coriander or cumin seeds, while *Lebkuchen* biscuits are spiced with cinnamon, ginger, cloves and nutmeg.

In terms of the types of meat you will be offered in a traditional Austrian restaurant, offal is still very popular, along with a variety of wild game such as wild boar and deer. Goose is also widely eaten, especially around *Martinigansl* in November, when it is a seasonal festive dish. As mentioned earlier, horse is also a popular food in Vienna.

**Myth two: Leberkäse contains liver and cheese**

Yes, *Leberkäse* translates directly as liver (Leber) cheese (Käse), and in parts of Germany it must contain these ingredients to be called *Leberkäse*.

It is all different in Austria. Here it is a fatty meatloaf which is most often made from pork, bacon or beef.

Sometimes *Leberkäse* is made with horse meat, lamb, or game, but in this case it should be labelled as such. *Pferd* means horse, in case you were wondering.