

ÖSTERREICHISCHER LEBENSTIL UND ÖSTERREICHISCHE KULTUR (Austrian Lifestyle and Culture)

7 Common myths about Austrian food you need to stop believing

Myth three: Austrian food is just German cuisine

While the cuisines of Bavaria and Austria may have some aspects in common, such as a love of dumplings, for example, Austrian and German cuisines are not the same.

Austria has richer, sweeter desserts and more interesting deep fried meat dishes (in my opinion).

However, both countries love cabbage, especially pickled *Sauerkraut* and all kinds of meat, whether it's raw beef, or cooked ham, bacon or pork.

Both countries also enjoy celebrating the asparagus harvest in the spring, the

time known as *Spargelzeit* (asparagus time), along with other seasonal treats such as wild garlic (*Barlauch*) in Austria and southern Germany or young fermented wine in the autumn.

This wine is called *Sturm* in Austria and *Traubenmost* in Germany. Of course, Germany has many regional variations, as does Austria, so perhaps it's hard to compare the two.