

ÖSTERREICHISCHER LEBENSTIL UND ÖSTERREICHISCHE KULTUR (Austrian Lifestyle and Culture)

7 Common myths about Austrian food you need to stop believing

Myth five: Austrian cuisine is fancy

Austrian food is all about *Gemütlichkeit* (comfort), whether it's wallowing in a plate of cheesy pasta (*Käsespätzle*) after a day on the slopes in Tyrol or Vorarlberg, or trying one of the thousands of varieties of donuts (*Krapfen*) on offer at Carnival (*Faschings*).

It's all about *Gutbürgerliche* – defined in the Duden German dictionary as a “cuisine that offers simple and unrefined dishes in ample portions”.

Of course the settings in Austrian restaurants may be very grand, especially in Vienna where you could easily be dining in some high vaulted cafe with waiters in black jackets, but Austrian food is all about tasty, simple, home-cooked style meals.

The typical example is an elegantly dressed woman in Vienna munching on a *Leberkäse* (meatloaf) sandwich for lunch.