



# Food Culture in Germany (Food Culture around the World)

*Ursula Heinzlmann*

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The grown-up Germany of today is able to explore its cultural identity, including its food culture. For some years now, German food has seen a return to regionalism, and beloved traditional dishes have been rediscovered and revived, counteracting to some extent the effects of globalization and industrialization. As well, a host of new culinary traditions brought in with new immigrants makes for an exciting food scene. *Food Culture in Germany*, written by a native Berliner, is destined to become a classic as the best source in English for a thorough and up-to-date understanding of Germans and their food—the history, foodstuffs, cooking, special occasions, lifestyle eating habits, and diet and health.

The Historical Overview chapter takes the reader on a culinary tour from ancient times through the Holy Roman Empire to the *Lebensraum* of Hitler and on to reunification of the two Germanys until today's return to normalcy. Chapter 2, Major Foods and Ingredients, highlights the classic German staples. Chapter 3, Cooking, discusses the family and gender dynamics plus cooking techniques and utensils, the German kitchen, and the professional chef as media figure phenomenon. The Typical Meals chapter gives an in-depth insider's look at how and what Germans eat today. Chapter 5, Eating Out, describes the wide range of opportunities for eating out, from grabbing Currywurst on the street, to lunching in office and school cafeterias, to meeting friends for coffee and cake at the Konditorei. German holidays and special occasions are elaborated on in the context of more secular and younger influences in Chapter 6. Chapter 7 covers the German diet and the strong interest in health in the country, with its holistic roots. Food safety, a big topic in Europe today, is also discussed at length. An introduction, chronology, glossary, resource guide, selected bibliography, and illustrations complete this outstanding resource.

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