



GD Bildung und Kultur

Programm für lebenslanges Lernen

# Comenius-Project "Nutrition" Max-von-Laue-Gymnasium, Koblenz

## Berliner

### Description

- Traditional German pastry
- made from sweet yeast dough
- fried in oil
- filled with jam or marmelade



### History

- Invented by a confectioner in Berlin in 1756
- confectioner wanted to fight for Friedrich the Great, was invalid to military duty but allowed to stay on the battlefield as a „fieldbaker“
- Formed first pancake like a cannonball as a sign of gratitude

### Link to German culture

- Popular in the time of carnival
- Fake-Berliners filled with mustard oder onions as a joke

# Koelsch - Kölsch (beer)

## General

- Traditional German beer from Cologne
- Drunk out of tall, slim glasses
- Contains less alcohol than normal beer
- Not as bitter as other German beers
- Served with 8 to 10 degrees wick is warmer than average temperature of other beers



## History

- name „Kölsch“ was officialy used for the first time in 1918
- describe type of beer that had been brewed by Sünner brewery since 1906
- became popular in the 1960s
- produced first merely 50 million litres per year
- beer production of Cologne peaked in 1980 → produced 370 million litres
- only beer that may be not brewed outside the Cologne region, as determined by the Kölsch convention of 1986

# Glühwein – Mulled wine

## Recipe:

For 4 people you need:

1 l redwine

50 ml rum

20 ml amaretto

7 cloves

2 cinnamon sticks

2 oranges ( cut into  
slices)

Maybe some sugar

Heat the wine with the  
spices in a pot (no  
boiling!). Add the rum  
and the amaretto and  
steep it. Remove the  
spices and fill the wine in  
nice glasses. Enjoy!



## Tradition:

The Romans were the first  
people who drank their  
wine warm and with spices.  
They drank it like that  
because their wine was  
very sour and not so tasty.

## Mulled wine today:

In Germany the people  
drink a lot of mulled wine  
when it gets cold and  
windy. In most of the  
towns there are  
christmas markets and at  
the christmas markets  
you drink mulled wine.  
Sometimes its only wine  
with spices, sometimes  
there's more alcohol in it.  
It tastes very different in  
the different regions of  
Germany. Traditionell it's  
with red wine but in the  
North of Germany it  
exists with white wine,  
too.