

Austrian foods





- ▶ **Austrian cuisine** is a style of cuisine native to **Austria** and composed of influences from throughout the former **Austro-Hungarian Empire**. Regional influences from **Italy**, **Hungary**, **Germany** and the **Balkans** have had an effect on Austrian cooking, and in turn this fusion of styles was influential throughout the Empire.
- ▶ Austrian cuisine is most often associated with **Viennese cuisine**, but there are significant regional variations.



- ▶ Breakfast is of the "continental" type, usually consisting of bread rolls with either jam or cold meat and cheese, accompanied by coffee, tea or juice. The midday meal was traditionally the main meal of the day, but in modern times as the Austrians work longer hours further from home this is no longer the case. The main meal is now often taken in the evening.
- ▶ A mid-morning or mid-afternoon snack of a slice of bread topped with cheese or ham is referred to as a *Jause*, and a more substantial version akin to a British "**Ploughman's Lunch**" is called a *Brettljause* after the wooden board on which it is traditionally served.



- ▶ The most popular meat in Austria is **pork**, **beef** and **chicken**. The famous Wiener Schnitzel is traditionally made of **veal**; pork in particular is used extensively. Austrian cuisine has many different sausages, like "Frankfurter", "**Debreziner**" or "Burnwurst", "Blunzn" made out of pig-blood and "Grüne Würstl" - green sausages. Green means raw in this context – the sausages are air dried and are consumed boiled. Bacon in Austria is called "Speck", bacon can be smoked, raw, salted, spiced etc. Bacon is used in many traditional recipes as a salty spice. **Vanillerostrbraten** is a beef dish prepared with lots of garlic.



- ▶ The most famous dessert is the **Apple Strudel**, layers of thin pastry surrounding a filling of apple, usually with cinnamon and raisins. Other strudels are also popular, such as those filled with sweetened curd cheese called **Topfen**, sour cherry (Weichselstrudel), sweet cherry and poppy seed strudel (Mohnstrudel).
- ▶ Another favourite is Kaiserschmarr'n, a rich fluffy sweet thick **pancake** made with raisins and other fruits, broken into pieces and served with a fruit compote for dipping, while a speciality of Salzburg is the **meringue**-like "Salzburger Nocken".



- ▶ Austrian cakes and pastries are a well-known feature of its cuisine. Perhaps the most famous is the **Sachertorte**, a chocolate cake with apricot jam filling, traditionally eaten with whipped cream. Among the cakes with the longest tradition is the **Linzer torte**. Other favourites include the caramel-flavoured **Dobostorte** and the delicately-layered, named in honor of **Ferdinand Walsin Esterhazy** (both originating from Hungary during the Austro-Hungarian empire), as well as a number of cakes made with fresh fruit and cream. **Punschkrapfen** is a classical Austrian **pastry**, a cake filled with cake crumbs, **nougat** chocolate, **apricot** jam and then soaked with **rum**.



- ▶ Austria is credited in popular legend with introducing **coffee** to Europe after bags of coffee beans were left behind by the retreating Turkish army after the **Battle of Vienna** in 1683. Although the first **coffehouses** had appeared in Europe some years earlier, the Viennese café tradition became an important part of the city's identity.
- ▶ Coffee is served in a variety of styles, particularly in the **Viennese cafés**. An Austrian *Mokka* or *kleiner Schwarzer* is similar to **espresso**, but is extracted more slowly. Other styles are prepared from the *Mokka*:
- ▶ Italian styles such as **cappuccino**, **espresso** and **caffè latte** are also commonly served.
- ▶ Drinking coffee together is an important social activity in Austrian culture. It is quite common for the Austrians to invite friends or neighbours over for coffee and cake. This somewhat ritualized activity can be compared to the British **afternoon tea** tradition. It is also very common to go to a coffeehouse for dating.



- ▶ **Beer** is generally sold in the following sizes: 0.2 litre (a *Pfiff*), 0.3 litre (a *Seidel*, *kleines Bier* or *Glas Bier*) and 0.5 litre (a *Krügerl* or *großes Bier* or *Hoibe*). At festivals one litre *Maß* and two litre *Doppelmaß* in the **Bavarian** style are also dispensed. The most popular types of beer are pale **lager** (known as *Märzen* in Austria), naturally cloudy *Zwicklbier*, and **wheat beer**. At holidays like Christmas and Easter **bock** beer is also available.
- ▶ Austrian beer is typically in the **pale lager** style, with the exceptions noted above. A dark amber "Vienna Style" lager was pioneered in the city during the 19th century but is now not common there.



- ▶ Austria has very strict laws regulating its food and drink industry. Every single piece of meat is quality-controlled and registered.
- ▶ Austrian consumers are typically suspicious of meat of foreign origin in particular, following the scare over **BSE**. Organically-produced goods are also in high demand, and the Austrian government has introduced additional quality standards with stricter rules, such as BIO or AMA-Gütesiegel. A new standard is "Genfrei" or "Gentechnikfrei" meaning the food is free of **Genetically Modified ingredients (GMO)**.

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Sources:

- ▶ *ro.wikipedia.org*