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Saarländische Küche (German Edition)

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Saarländische Küche (German Edition)

Saarländische Küche (German Edition)
Saarländische Küche mit Tradition

Kulinarisch ist das Saarland zweigeteilt: Wochentags regiert der Magen, sonntags der französische Gaumen des Nachbarlandes. Die traditionelle Küche des Saarlands ist von herzhafter Einfachheit. Es wurde von jeher gekocht, was wenig kostet und was satt macht. Grundnahrungsmittel waren Mehl und Kartoffeln, hier Grumbeere genannt, und das was an Obst und Gemüse im eigenen Garten oder auf dem eigenen kleinen Acker wuchs. Hieß es in den Sechzigerjahren für den Saarländer noch „Wir gehen essen in Frankreich", wenn es etwas Besonderes sein sollte, so heißt es heute jedoch in den französischen Grenzregionen häufig „Wir gehen essen in Deutschland", womit natürlich der kleine Nachbar an der Saar und insbesondere die Landeshauptstadt Saarbrücken gemeint ist. Entdecken Sie die traditionelle Zwiebelsuppe, Bettseichersalat, Schales oder auch den berühmten Bettelmann ganz neu!

- Mit zahlreichen Abbildungen und Rezeptfotos
- Traditionelle Rezepte neu in Szene gesetzt
- Herzhaft einfach und französisch raffiniert

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