

WEEKLY ENGLISH PRACTICE

Where people drink beer for breakfast

Known as a "Weißwurstfrühstück", this traditional sausage-pretzel-and-beer-breakfast might be Germany's most "German" meal.



Many places around the world have unique morning traditions. In Lyon, France, people **tuck into** wine and **offal** at 9am. In Van, Turkey, it's typical to sit down to a nine-plate breakfast spread. And in Trang, Thailand, it's not unusual **to flock to** dim sum halls before sunrise. In Bavaria, a state known for its traditional clothing and Oktoberfest **revelry**, this culinary custom reflects the local *joie de vivre*.

"A Weißwurstfrühstück (literally: 'white-sausage breakfast') is more than just a meal; it's an excuse for an informal get-together when it's too late for coffee but too early for lunch," said Frauke Rothschild from the Munich tourism board, adding that people normally end up staying to enjoy the atmosphere and, of course, the beer.

The precise origins of Weißwürste - **poached** white sausages made with **veal**, back bacon, onion, parsley and spices - are unclear. The most popular story, however, is that they were invented by accident. In 1857, young Munich **innkeeper** Sepp Moser ran out of sheep casings for his sausages so he used pork ones instead. Worried they might burst upon frying, Moser decided to cook them in water - a **gamble** that paid off.

Today they are one of the best-known Bavarian foods, and one of the first things locals will tell you to try. The breakfast is eaten across the southern state, especially in Oberbayern (Upper Bavaria). "It's a meal I associate with my family in the countryside," said Theresa Portenlänger, who runs the modern Munich pub *Xaver's* with her **siblings**. "We always have a Weißwurstfrühstück together on Christmas eve."

When I asked her about the idea of drinking beer in the morning, she said, "I think a lot of people here don't really see it as something alcoholic - it's almost more of a staple food, like bread!"

Traditionally, the sausages should be consumed before the church bells ring at midday, reflecting a time before refrigeration and different preparation techniques. While this is no longer necessary, many places and locals still **abide by** it. Others, including Wallner and Portenlänger, now serve them past this cut-off, but it does feel odd ordering them late in the afternoon.

In 2022, Munich-based Greenforce - one of the fastest growing start-ups in Germany - **debuted** vegan white sausages at Oktoberfest. "Just five years ago this would have seemed very unlikely," said CEO and founder Thomas Isermann, "but the positive reception of our products demonstrates how conscious nutrition also applies to events like Oktoberfest, however traditional they may be".

The company will be the main vegan provider for Oktoberfest in 2023 and supplies several restaurants in the city. Made in Germany using pea protein, the sausages have 76% less fat and 62% fewer calories.



Adapted from [this article](#)
by ECP coach

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Word list

- to tuck into:** to ingest food and drink heartily
- offal:** the internal organs of animals used as food
- to flock to:** to move or go together in a crowd
- revelry:** lively and noisy festivities usually involving a large amount of alcohol
- to poach:** to cook s.t. in a small quantity of liquid
- veal:** the meat of a young cow, used as food
- innkeeper:** a person who runs an inn (pub/tavern)
- gamble:** a risky action taken with the hope of success
- siblings:** brothers and sisters
- to abide by:** to accept or act in accordance to a rule, decision or recommendation
- to debut:** (of a new product) to be launched

Let's chat about that!

1. Do you like **tucking into offal**?
2. Would you like to eat a nine-course breakfast spread (a large, elaborate meal)?
3. What is the earliest time you would think about consuming alcohol? Tell us why.
4. What's the biggest **gamble** you have taken which paid off?
5. Would you like to go to the Oktoberfest and try a Weißwurstfrühstück? (See text.)
6. Where do you think the best sausages are made? Britain, Spain, Germany or somewhere else?

Pronunciation quiz 1

1. Which word is this?
/æd'vɜ:tismənt/
2. Which word is different?
a) worked b) watched c) wanted
d) walked
Why?
3. Which word is this?
/'nɒlɪdʒ/
4. Which word is different?
a) wished b) jumped c) kissed d) waited
Why?
5. Which word is this?
/'dɔ:tə/
6. Which word is different?
a) times b) roses c) wishes d) sizes
Why?

vowels				diphthongs		
i:	ɪ	ʊ	u:	ɪə	eə	
e	ə	ɜ:	ɔ:	əʊ	aʊ	
æ	ʌ	a:	ɒ	eɪ	aɪ	ɔɪ
consonants						
p	f	t	θ	tʃ	s	ʃ
b	v	d	ð	dʒ	z	ʒ
h	m	n	ŋ	r	l	w

7. Which word is this?
/mæɡə'zi:n/
8. Which word is different?
a) church b) child c) channel d) chemist
Why?

Ask your ECP coach for help.
Best of luck!