

HEIDELBERG NEWSLETTER

January 2021: The Food Issue

Hellooo, Heidelbergers! Welcome to the food issue of our newsletter - a crash course through Heidel cuisine. Whether it's the thrill of trying new things or the comfort of time with friends, food is an important part of every student's abroad experience.

Jan 15th: Your Passport Copy was due! If you haven't sent it in yet, please do so! Let Lauren know if you have questions.

Feb 22-26th: IP Global Learning Week

Note: You've probably started seeing stuff about Visa Workshops for the other programs. For Heidelberg, if you have an American passport, you don't need a visa beforehand!

HEIDELBERG RESTAURANTS



GINO'S

It's not Italian, it's not Mexican, it's not Mediterranean... it's Gino's. Lauren can't put her feelings for the #1 Special Wrap into words. At 5.50€ and a 2 minute walk from the classrooms, it's a great lunch choice. The employees are wonderful and very used to Pepp students coming in. If you try Gino's and were hoping for a more authentic döner, try Sahara, just a few minutes further down the Hauptstrasse.

Asia Long, just a few steps across the Hauptstrasse from the classrooms, is another quick and cheap lunch option. It might not be the most authentic Chinese food you've ever had, but it always fills the craving, and picking out which sauce you want is fun.



ASIA LONG



RAJA RANI

Raja Rani is a student favorite in the Sunday night Moore Haus delivery rotation! Students pick during the week from a list of Indian dishes. There's no warmer feeling than getting back from a trip just in time to see everyone's food being brought in. Everyone grabs their dish and friends who were apart for the weekend trade stories about their adventures over the naan and mango lassi that comes with the meals.

Alte Gundtei is another student favorite, a Turkish restaurant in the Wednesday night special dinner rotation. Heidelbergers take a quick walk from the classrooms through the Altstadt and get veal or lamb skewers, with delicious rice and vegetables. The dessert is simple yet memorable: fresh fruit with two different types of ice cream.



ALTE GUNDTTEI



Ambassador's Pick: Cafe Schafheutle

If there's one place in Heidelberg I'm passionate about, it's Cafe Schafheutle. Not only is it a lovely and very convenient (a 20 second walk from the classrooms) place, it's Heidelberg's oldest and most reputable cafe. As a tea lover, I'd always order one entire pot of tea for myself, which comes with honey and milk. However, they're known for their pastries - and rightfully so. Upon entering the cafe, you'll be greeted by extensive cases filled with German confections. My favorites are Bienenstich Kuchen (Bee Sting cake: two layers of honey cake with a cream filling, topped with honeyed sliced almonds) and Himbeertorte (Raspberry torte, get it with whipped cream on the side by saying "mit sabne"). Pro tip: take Dr. Lerner some slice of cake or torte from Schafheutle every now and then.

GERMAN FOOD GLOSSARY

Apfelstrudel: This classic German pastry of dough filled with apples and probably a few raisins (don't let that scare you away) deserves the hype it gets. If you're at a classic German restaurant and have the choice to order a warm apfelstrudel with ice cream, you absolutely must. (Especially if you love apple pie.)

Kasespatzle: Four words for you: German Mac and Cheese. Spätzle is the typical German egg pasta you'll find across Europe, but add Käse (cheese) into the mix and you have mac and cheese. You'll likely see it advertised at restaurants down the Hauptstrasse, and Cafe Schafheutle serves it. Pro tip: get some for lunch at Oktoberfest.

Lebkuchen: This is a famous German holiday treat. It's basically a soft gingerbread that comes in many forms, usually covered in chocolate for the holidays. If that sounds like a weird combo, I don't blame you, but try it, it'll blow your mind.

Schnitzel: One of the two most classic German entrees (the second being any type of wurst). Long story short: a thin cutlet of meat is breaded and fried. However, just like wurst, schnitzel actually comes in a lot of different forms. Veal, pork, chicken, etc., plain with lemon, or topped with all sorts of sauces. Do a quick search and you'll find that many cultures around the world have their own take on schnitzel. The Japanese version: tonkatsu. The American version: chicken-fried steak.

Food & Bonding Abroad



(Pictured: Schnitzel at Essighaus, Fall 2019)

There's really nothing special about European-train-station-bakery-chain Le Crobag (well, other than the crunchy sugar on those snack waffles), but it's the memories we share with friends that make food abroad so special. One of my favorite abroad memories is waiting not-so-patiently with friends through an overnight train layover for the station Crobag to open at 4:30 am. Once it opened, we all bought an obscene amount of Crobag: croissants, juices, waffles, hot chocolates, and various baguette sandwiches. A 4am feast fit for eight college students who planned their trip very poorly. Over a year later, the thought of that chain never fails to make me smile.

- Lauren

Food for Thought from FiR and Alumni

Dr. Joyner



Mustard and dill aren't my favorite flavors, so when I found this recipe (<https://www.thespruceeats.com/alsatian-apple-cake-1446569>) for a type of "Kuchen", a German desert of apples and shortbread, I had to try it. It was pretty easy, which is good because I'm not great at baking. But even I could follow the instructions and it turned out great! I am looking forward to sampling a lot more Kuchen in Heidelberg!



Dr. Bogardus

The world has Turkey to thank for döner kebabs, a type of food I first discovered while I studied abroad in England as an undergraduate. These places are easy to spot by the giant meat agglomeration on a vertical rotisserie, usually visible from the street. They're all over Germany, and it looks like there are two on the main street of Heidelberg, not too far from Moore Haus. It's really tough to find a good burrito in Germany, and you really shouldn't try. But döner kebabs are a great substitute: low-cost and quick, they typically consist of meat (or vegetarian falafel), tomato, lettuce, onion, cucumber, and sauce, wrapped up in thin pita bread. Perfect for when you're out super late with your friends. Studying. Though Germany has a lot more going on food-wise, college students (and at least one professor) will definitely want to keep an eye out for döner kebabs.

Ashley Fricker



I'm not here to talk to you about meat and potatoes, I'm here to talk about soup. Essighaus soup. Every meal, they brought out soup before the main course, and let me tell you, I miss that soup everyday now that I'm home. There was cauliflower, mushroom, brussels sprouts (100x better than it sounds), and chicken noodle soups. Every day I was excited to see what soup it might be (except when it was lentil soup...). There were typically scraps on my plate, but there were almost never scraps in my bowl. Not everyone had the same feeling towards the soup as me (one day, I ate five people's cauliflower soup), but deep down I think they just sacrificed some of their happiness for mine. Arrive open-minded, and you'll find that Essighaus is truly souper.

(Ashley Fricker is a Class of 2022 Chemistry major and Academic Year '19-20 Heidel alum.)

Josh Leow



The crust. The flavor. The juices flooding my mouth with each bite. The experience of eating a roasted pork knuckle on the Eve of the opening day of Oktoberfest. One can only dream of reliving that magical experience in Munich- the heart of Bavaria. Of course, the atmosphere was crucial, but nothing compares to my favorite culinary experience in my entire abroad experience. My experience with German food doesn't stop there. The bratwurst from the Christmas markets (paired with a ice cold German dunkelweizen of course) or the schnitzel from Heidelberg's very own SchnitzelHaus. In my eyes, one of the prime ways to peer into a foreign culture is to dive head first into the culinary opportunities said culture might present. If you let it, food can teach you about a way of life. This connection is thus priceless, and I am forever grateful for my experience with German cuisine.

(Josh Leow is a Class of 2022 Pre-Med Religion major, a Fall '19 Heidel alum, and a total foodie.)