

Press Release

Holiday Flavours to Remember Culinary Classics & Where to Taste Them

STUTT GART - Anyone who knows Baden-Württemberg will recognise its wealth of culinary traditions - from the iconic Black Forest gâteau to the beloved Swabian 'Maultaschen' (Ravioli). Such classic dishes aren't just food; they're the flavours of a holiday, that are as unique as the destination itself.

Sweet Mannheim: Birthplace of Spaghetti Ice Cream

It may look like pasta - with tomato sauce and Parmesan shavings, but it is in fact a sweet, cold, and unmistakably German dessert. Spaghetti ice cream is a bestseller in ice cream parlours across the country and doesn't come from Italy, but from Mannheim. In 1969, Italian-born Dario Fontanella created the first spaghetti ice cream in his father's Mannheim parlour by pressing vanilla ice cream through a spätzle press. What began as a playful experiment soon became a sensation, however the original flavours: pistachio, lemon, and strawberry – inspired by the colours of the Italian flag, ended up being vanilla ice cream, strawberry purée, whipped cream, and white chocolate in the final recipe. And so was born the iconic spaghetti ice cream still enjoyed across the world today.

eisfontanella.de

Swabian Soul Food: Legendary Maultaschen

Roasted, melted, or simmered in broth - whether meat, vegetarian, vegan, or even sweet – 'Maultaschen' are a true staple of Swabian cuisine. According to legend, these hearty dumplings were first created in the UNESCO World Heritage Site, Maulbronn Monastery, where inventive monks sought to enjoy a gift of meat during Lent "hidden from God's eyes". They finely chopped the meat, mixed it with herbs and greens, and hid it inside pasta dough - giving rise to the nickname 'God's Little Cheats'. Today, 'Maultaschen' are a beloved dish enjoyed year-round, especially at Easter. As with the dumplings themselves, their story of origin may be slightly embellished - but that only adds to their charm and delicious appeal.

kloster-maulbronn.de/en

A Symbol of German Baking: The Swabian Pretzel

Few pastries are as popular in Germany as the pretzel; the golden, entwined symbol of the country's baking tradition. Dating back to the Middle Ages, it's said to have been created by Frieder, a baker from Urach, who had been sentenced to death. According to legend, Count Eberhard promised to pardon him if he could bake a bread through which the sun could shine three times in three days. Inspired by his wife's crossed arms, Frieder shaped the first pretzel – but it was when the dough accidentally fell into a

bucket of hot lye, that its unique taste was born. Authentic Swabian pretzels are recognisable by their crisp arms and soft, thick bow - and at the Pretzel Museum within the Huober Pretzel Factory in Erdmannhausen, visitors can join baking courses to learn about the pretzel's fascinating history and discover why it became a true Swabian icon. brezelmuseum.de

A Taste of Tradition: Fine Fruit Creations from Jörg Geiger

Orchards are an integral part of the Baden-Württemberg landscape, and Jörg Geiger has spent years showing just how much flavour they hold. In his gourmet manufactory on the northern edge of the Swabian Alb, he revives old fruit varieties and transforms them into exquisite beverages - from single-variety sparkling wines and fine fruit brandies to elegant non-alcoholic seccos. Geiger celebrates the heritage of regional fruits by cultivating them using traditional methods, but then goes on to create innovative, new compositions. His secret lies in allowing the natural character of each variety to shine - embracing their acidity and tannins to craft drinks that are both authentic and refreshingly modern, earning him a place among Germany's leading gourmet producers. manufaktur-joerg-geiger.de/en

Authentically Alb: Lentils with Spätzle

The origins of 'Lentils with Spätzle', southern Germany's "poor man's dish," is often debated - but there's no doubt that authentic Alb lentils taste the best. Once common across the Swabian Alb, this old variety vanished from local fields until a remarkable re-discovery in a seed bank in St. Petersburg brought it back to life. Seeds from the preserved lentils were propagated, and today, once again thrive in the Alb region. And according to an online poll by radio station Donau-3-FM in 2024, the region's best 'Lentils with Spätzle' can be enjoyed at the Ehinger Rose, where the dish delights both locals and travellers alike. ehingerrose.de/en

Cultural Calorie Bomb: Black Forest Gâteau

Just like the 'Bollenhut' hat and cuckoo clocks, the Black Forest's famous cherry cake has become an unmistakable symbol of the region. Loved by locals and visitors alike, its sweet, creamy layers evoke memories of 'Kaffee und Kuchen'. At the heart of this indulgent classic lies one essential ingredient: authentic Black Forest cherries - both the fruit and the distillate must come from the region. In Todtmoos, the Bockstaller Bakery is renowned for its exquisite Black Forest Gâteau and even hosts the Black Forest Gâteau Festival every two years. In 2021, the family-run bakery was also honoured with the 'Kuckuck Black Forest Delight Award' for best café. cafe-bockstaller.de

Baden's Tasty Trio: Brägele, Wurstsalat & Bibbiliskäs

Among Baden's most beloved dishes are 'Brägele' - crispy fried potatoes, traditionally served with 'Wurstsalat' - a sausage salad, and 'Bibbiliskäs' - a fresh cheese dressing. Together, they are the perfect accompaniment to the region's fine wines and are a menu staple in the cosy wine taverns between Ortenau and Markgräflerland. 'Bibbiliskäs' likely takes its name from the Alemannic word Bibbili, meaning 'little balls', and is best enjoyed with freshly baked wood-fired bread to truly capture the rustic charm of Baden's countryside cuisine. Travellers following the 'Brotweg', or Bread Trail, in the Yach Valley of the southern Black Forest can stop at Schneiderhof, where the regional speciality is served in a warm, family atmosphere for an authentic taste of Baden hospitality.

schneiderhof-yach.de

Hearty Flavours: Roast Beef with Onions & Pork Shoulder

Just as 'Schäufele' is a beloved dish in Baden, 'Zwiebelrostbraten' holds a special place in Swabian hearts also. However culinary borders are fluid, meaning both hearty specialties are enjoyed across the region - to the delight of meat lovers. 'Schäufele' is a succulent pork shoulder dish, its name referring to its small shovel-like shape. Whereas 'Zwiebelrostbraten' is tender roast beef topped with a generous helping of caramelised onions. Traditionally, these dishes are accompanied by regional favourites: 'Schäufele' is often served with potato salad, or Swabian potato noodles known as 'Bubaspitzle', and a tangy cabbage usually from the Fildern region near Stuttgart, while 'Zwiebelrostbraten' pairs beautifully with 'Spätzle' or 'Brägele'.

schmeck-den-sueden.de

Heavenly Pastries: Swabian Seelen

Many legends surround the exact origins of 'Maultaschen', Pretzels, and Black Forest Gâteau, but there is no doubt that the 'Seele' hails from Upper Swabia and the Allgäu region of Württemberg. Local bakers have, for centuries, crafted this traditional pastry - a small, baguette-like bread made from flour, yeast, water, salt, caraway seeds, and lard. The dough is allowed to rise before being placed in the oven with a 'Seelenschießer', a long wooden, grooved spatula. The small bread takes its name from All Souls' Day, when prayers are traditionally offered for departed souls. Today, visitors can still try this historic treat at Fidelisbäck in Wangen and enjoy a genuine bite of southern Germany's culinary heritage.

wangen-tourismus.de



PRESS RELEASE

A digital version of this press release - as well as more detailed information on South-west Germany - is available on our website <https://www.visit-bw.com/en/press>

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