



Oktoberfest

Historic Oktoberfest Breweries

When it comes to Munich's Oktoberfest, there are six historic breweries allowed to serve during the official festival.

These are Augustiner, Hacker-Pschorr, Hofbrau, Lowenbrau, Paulaner and Spaten. Here's a little about each one.

AUGUSTINER

The oldest brewery in Munich, the Augustiner was founded in 1328, meaning it has more than 650 years of beer tradition backing every stein. You can enjoy fresh Edelstoff tapped from the wooden barrel all year round in the beer garden, in the restaurant or on the terraces. The brewery says the beer from wooden barrels is smoother because of its lower carbonic acid content.

HACKER-PSCHORR

Founded in 1417, Hacker-Pschorr is known for its flagship Weissbier, an unfiltered wheat beer with a cloudy appearance and notes of banana, honey and clove. The brand is the result of a 1972 merger between two breweries in the same family. Hacker was founded in 1417 and Pschorr in 1820, but Josef Pschorr married in to the Hacker family in 1793.

HOFBRAU

This state-owned brewery dates back to 1589 and runs the Hofbrauhaus beer hall in Munich. It was founded by Duke Wilhelm V of Bavaria to supply beer to the royal court, saving money on imported beer. The Hofbrauhaus was opened to the public in 1828 by King Ludwig I of Bavaria. It was famously visited by Mozart and Vladimir Lenin. Its signature beer is the Hofbrau Original, a classic golden helles with a refreshing and hoppy finish.

LOWENBRAU

German for lion's brew, this brewery claims to date from 1383. At one time, it produced a quarter of Munich's beer and was formally incorporated in 1872 by Ludwig Brey. In 1921, it merged with Unionsbrau Schulein & Cie and Munich Burgerbrau and, two years later, its Burgerbraukeller beer hall was the site of Adolf Hitler's unsuccessful Beer Hall Putsch. For the festival, Lowenbrau brews a special Marzen beer. It's now owned by the Anheuser-Busch-InBev group.

PAULANER

This brewery has its roots in the Neudeck ob der au Monastery in Munich, who brewed a strong beer that first received notice in 1634. By 1752, the monks were allowed to serve the beer on the day celebrating the father of their order and invited the Bavarian Electors to enjoy their first sip of the brew named for that father, Salvator. This ritual still takes place today. The brewery was partially destroyed by a bombing raid during World War II, but was rebuilt by 1950. It opened

its first Munich beer house in 1989, and since then has opened brewhouses across the world.

SPATEN

The Spatenbrau in Munich dates back to 1397 and is now owned by the Anheuser-Busch-InBev group. Brewing at the original location has stopped and it has become a museum where visitors can taste different beers. Beer production for the Spatenbrau takes place at Lowenbrau AG, also owned by the international conglomerate.



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Pouring for the Proper Head

A beer's head is the frothy foam on top of the beer when it's poured into a glass.

And yes, it's super important when it comes to the proper enjoyment of beer. The head comes from carbon dioxide formed during fermentation as the yeast in the beer breaks down sugar-rich molecules. Too much head on a pour will detract from the mass of the drink but too little indicates an incomplete pour that can affect the experience of the beer.

Some aficionados claim a beer's head enhances the flavor of the beer and the drinking experience. So here's how to do it, according to the Druther's Brewing Company in New York.

TIPS FOR THE PERFECT POUR

Druthers says to start with a squeaky clean glass. Any residue from other alcohol or soaps will change the taste of the beer and how it develops foam. Tilt the glass 45 degrees to the tap. That allows the beer to slide down the edge of the glass and prevents too much foam from forming. Pour into the center of the glass to avoid splashback or overpouring. Bring the glass level when it's half to two-thirds of the way full. The head on most beers should be a half inch to 1 1/2 inches.

But there's an exception. Stouts, such as Guinness, have



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a different pouring procedure. Druthers says to start with a Guinness glass, nice and clean. Then, tilt the glass 45 degrees. Slowly tilt the glass throughout the pour. Stop the pour when the level hits the embossed harp on the glass, about three-quarters of the way full. Druthers says this optimizes the pour for the appropriate head needed to enjoy the Guinness. Let it rest and wait to drink it until the

beer has settled and shows a deep, black color.

All beer should be poured slowly, allowing it to breathe and settle into the glass. Foam, Druthers says, allows the carbonation to escape from the liquid and adds to the aroma of the beer and the flavor of the sip.

POURING FROM A BOTTLE

When you're pouring from

a bottle, hold the glass at a 45-degree angle and place the neck of the bottle close to the inside edge of the glass, but don't let the bottle touch the rim. Pour down the side of the glass, letting the liquid slide down the interior wall of the glass, keeping carbonation in check and preventing it from bubbling up too quickly.

When the glass is about half to three-quarters of the way

full, slowly tilt it to an upright position and begin pouring it directly into the center of the liquid.

Some beers have a layer of yeast at the bottom. If you don't want the yeast in your poured beer, stop pouring before you reach the bottom inch of the bottle. If you want to pour it, still stop pouring, swirl the remaining beer to loosen the sediment, and pour it into the glass last.

Radlers and Shandies

Radlers and shandies are refreshing brews that include citrus soda or juice.

They're highly drinkable and have a reduced alcoholic content thanks to the addition of soda or juice. They're sweeter than the average brew and are perfect for enjoying at an outdoor festival on a warm day.

RADLERS

Local legend says Franz Xaver Kugler invented the radler in 1922 in Deisenhofen, Germany. Kugler was an innkeeper who hoped to take advantage of his country's biking craze by creating a trail from Munich straight to his tavern. One hot June day, 13,000 cyclists rode up and he started to run out of beer, when he came up with the idea of cutting his pilsner with lemon soda. It was a hit, and we're still drinking radler-mass, the cyclist's liter.

Today's radlers are half beer and half lemonade or citrus soda — grapefruit is a popular option. You can make your own or you can buy it canned. To make your own, mix a light German beer with lemon, orange, grapefruit, lime or lemon-lime soda in a 50-50 ratio.

Radlers to try: Urban Chestnut Brewing Co.'s Big Shark Lemon Radler, Left Hand Brewing Co. Peach Beerllini Radler, Boulevard Brewing Ginger Lemon Radler, TW



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Pitchers' Brewing Co. Radler with grapefruit and blood orange.

SHANDIES

A shandy is a beer or cider mixed with a lemon-flavored beverage, typically lemonade or a carbonated drink. They're particularly popular in Europe, Australia, South Africa

and the Caribbean. A bitter shandy is a bitter ale with fizzy lemonade and a lager shandy is the same, but with a lager instead. In some areas, the lower alcohol content may exempt them from laws governing the sale of alcoholic beverages.

To make your own, pour half a glass of light beer with

the same amount of lemonade or lemon-lime soda. You can add ice or keep it plain, and garnish it with a lemon wheel. You can also buy ready-made shandies.

Shandies to try: Leinenkugel's Summer Shandy, UFO Big Squeeze Shandy, Dundee Summer Shandy, Samuel Adams Porch Rocker, Widmer Broth-

ers Hefe Shandy.

So What's the Difference?

Usually, a shandy is only lemonade while a Radler can be any kind of fruit juice. However, the definitions have been stretched in modern times and are much more interchangeable. A lot of the use of the name will depend on where your brew comes from.

A Guide to German Sausages

Germany has thousands of types of sausages.

They're usually categorized by preparation style, so that's how we'll present them here. Bruhwurst are scalded or steamed, kochwurst are cooked or pre-cooked and rohwurst are raw or fermented.

BRUHWURST

These sausages are finely ground and pre-cooked. They're scalded in hot water or steamed and often enjoyed heated up or in a bun.

- Bratwurst is probably the best known of the German sausages. It's made of pork, veal or beef and features over 40 regional variations. Enjoy it pan fried or grilled.

- Weisswurst is a grayish-white Bavarian sausage made from minced veal and pork flavored with parsley and lemon. It's usually eaten before noon, served with sweet mustard and a soft pretzel.

- Frankfurter wurstchen: This is the ancestor to the American hot dog. This sausage, like the hot dog, is thin, smoked and lightly cooked pork sausage.

- Bockwurst is a fat, mildly smoked sausage originally paired with bock beer. It's made from finely ground pork and is usually warmed in hot water.

KOCHWURST

Kochwurst are made from already cooked ingredients and



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are sometimes packed into jars or served sliced as cold cuts.

- Blutwurst is blood sausage made from pig's blood, pork rind and fillers such as barley or oats. It's often cooked and sliced, then pan fried until it's crispy on the outside.

- Leberwurst, or liver sausage, can also be known as kochstreichwurst. These are spreadable sausages made from pork liver, fatty meat

and onions. Kalbsleberwurst is a type of liver sausage made from veal, gefluegelwurst is poultry and zwiebelleberwurst is heavy on the onion. It's comparable to pate.

- Sulzwurst often uses the gelatin released from boiling meat such as the pig's head and feet. It's similar to American head cheese and includes pieces of meat, tongue and sometimes vegetables sus-

pended in a clear, savory aspic. It's served cold and thickly sliced.

ROHWURST

These are raw, fermented sausages that are air-dried or cold-smoked. They can be eaten raw.

- Landjager is a pressed, dried and smoked sausage that is flat in shape. It's historically popular for hikers and

hunters.

- Teewurst is a spreadable, finely ground sausage that's traditionally made from two parts pork and one part bacon. It has a characteristic tangy flavor that comes from a week-long maturation process.

- Mettwurst is a strongly seasoned pork sausage that is soft and spreadable. It's usually served spread over rye bread and topped with raw onions.

Enjoy a Biergarten Near You

You don't have to hop a flight to Munich to enjoy a German Oktoberfest experience.

There are biergartens and beer halls stateside, too. Here are a few you can check out without a passport:

Watermark Brewing Company, Stevensville, Mich.

The Watermark was named the top beer garden the U.S. by USA Today. It's open Tuesday-Sunday, depending on holidays and weather conditions. Most of the time, it welcomes all ages for free, but occasionally does charge a cover or limit admission to those over 21. It hosts live music and other shows as well as food trucks, indoor golf and even has a wedding venue.

Scholz Garten, Austin, Texas

Founded by German immigrants in 1866, the Scholz is the real deal. It's popular with political groups, the restaurant says, and is also a gathering place for University of Texas fans, music lovers and families alike. It has a robust menu of German dishes with a Texas twang, such as Garten Cheese Fries with cheese and pico de gallo.

Der Biergarten, Sacramento, Calif.

Sacramento's outdoor bi-



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ergarten is built with cargo containers in midtown Sacramento. They have more than 30 taps and are family and dog friendly. It features German and American foods and holds its own Oktoberfest, Fasching and Bock Beer Fest. You can get brews from some of Munich's big six, including Hofbrau, as well as a rotating selection of craft brews.

Motorworks Brewing, Bradenton, Fla.

Motorworks has several locations across central Florida, including in the Sarasota airport. The company has been brewing since 2014 and the original Bradenton location is housed in a 1923 car dealership. The beer garden is designed to be a welcoming, local place for everyone. Its

core beer lineup features Pulp Friction Grapefruit IPA and a Mango Habanero IPA. It also features food from Blue Water catering.

Raleigh Beer Garden, Raleigh, N.C.

With more than 350 beers on tap, the Raleigh Beer Garden has something for everyone and their sibling.

Of those beers, 144 are North Carolina brews (first floor) and the international floor has 222 varieties from the rest of the world.

The food menu includes bar classics such as wings, cheese fries and pizza, but also a few German nods, such as German currywurst fries, beer-battered pretzels, and bratwurst.

Staying Safe While Drinking

Outdoor festivals like Oktoberfests are great fun but they can quickly take a turn for the worst.

Alcohol, food and heat (or cold) can quickly make a situation head south. First, before you head out, know what you can and can't bring into the festival and how you can bring it. You may not be able to bring outside food or drinks or it may have to be in a see-through bag. Once you've established that, let's build a packing list.

BASIC SAFETY AND PREPARATION

- Bring a way to secure your belongings where you can see them. That means a front-facing or messenger style bag. Backpacks worn on the back can be opened without the wearer knowing, potentially, and things can be stolen.
- Dress appropriately for the weather outside and for conditions. Closed-toed shoes are probably a good idea. Choose ones that are comfortable to protect your feet during long hours of standing or walking. If rain is in the forecast, bring a poncho or an umbrella, if umbrellas are allowed.
- Wear sunscreen and bring a hat and sunglasses for adequate sun protection. Reapply sunscreen every couple of hours.
- Bring a power pack or portable charger to keep your devices powered up.



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CROWD SAFETY

- Know where exits and medical tents are at all times. If you're attending a festival with a group of people, set up a meeting spot outside the festival in case of an emergency. This can be the car or a sign that can clearly be seen from far away.

- Avoid crowd crushes of any kind and stay away from the front of any stage or large barriers or fences.
- Try not to go against crowd flow. Move sideways or diagonally to the edge of the crowd to get out of an overly crowded situation.
- Tell staff or security if you

notice anything unsafe or if someone or something is making you uncomfortable. Trust your instincts.

HEALTH AND HYDRATION

- Drink water throughout the day, aiming for 2-3 cups per hour. If allowed, bring a

water bottle with you to refill on the grounds.

- Watch your alcohol intake and intersperse drinking with water. Don't leave drinks unattended.
- Have a designated driver for the group to get you home safely and to have someone sober in case of emergency.

Apple Strudel 101

Apple strudel is a traditional Austrian or German pastry with a flaky crust filled with spiced apples and sometimes raisins or nuts and baked until golden brown.

The name strudel comes from the middle high German word for swirl or whirlpool.

HISTORY

The oldest known strudel recipe is from 1697 and is in a handwritten cookbook in the Vienna Town Hall Library. That recipe doesn't include apples at all. It is filled with a milk and cream filling. Apples started starring in strudel in the 18th century. Luckily, you don't have to go all the way to Vienna to make it.

EASY APPLE STRUDEL

Recipe is from Allrecipes. Makes two strudels and serves 12.

Ingredients

2 medium Granny Smith apples, peeled, cored and sliced
1 medium Granny Smith apple, peeled, cored and shredded
3/4 cup light brown sugar
3/4 cup golden raisins
2 tablespoons flour, plus more for dusting
1/2 teaspoon salt
2 sheets frozen puff pastry, thawed
1 large egg
1 tablespoon milk

Directions

1. Heat the oven to 400 degrees and line a rimmed baking sheet with parchment paper. Place the apples in a large bowl and stir in the brown sugar, raisins, flour and salt. Set aside.
2. Place one of the pastry sheets on a lightly floured work surface.

Roll it lightly into a 10x12 inch rectangle. Arrange about 1/2 of the filling, or about 3 cups, down one side of the pastry lengthwise. Using a sharp knife or pizza cutter, cut even diagonal slits along both sides of the pastry, stopping just short of the filling. The cuts will make it easier to braid the pastry over the

filling.

3. Starting at one end, fold the strips over the filling, alternating sides to create a braided pattern. Enclose the filling completely. Dampen the edges of the pastry with water and press or crimp the borders to seal. Repeat the process with the second pastry sheet and

remaining filling.

4. Transfer to the prepared baking sheet, leaving at least two inches between pastries. Whisk the egg and milk together in a small bowl and brush over each pastry. Cut 3-4 slits on top of each pastry to allow steam to escape. Bake 20-25 minutes or until golden.



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