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## **The Diet of the Danube Swabians**

### **Summary:**

**The kitchen customs are conservative, tradition is being maintained. This is also true of the Danube Swabians, who in Southeast Europe held on to traditional dishes as much as possible, but also took over practical foods and dishes from their new neighbours.**

**The paper examines the food habits and traditional dishes such as soups, vegetable dishes, flour- and meat dishes, during the difficult times of settlement, the weekly menus in the settlements in south-eastern Europe, and the sequence of courses during celebrations and holidays. In addition, particular eating habits adopted since the return migration to Germany and other host countries are examined.**