

Arts & Entertainment

Food, travel, photos all combine to provide 'trip' through Germany

AUTHOR HOPES IT IS FIRST OF SERIES OF SIMILAR TRAVEL-COOK BOOKS

BY YVONNE KLINNERT
Editor

The first thing any traveler talks about is the food.

There may be spectacular sites, fascinating people and fabulous shopping, but the big question is: when do we eat?

Following that itinerary, Stillwater resident Ute Buehler has created "Guten Appetit! With Ute Buehler through Northern Germany's Kitchens - A Year's Delicious Journey."

In the foreword of this "travel cookbook," Buehler describes the book as a "photographic culinary journey."

The book is a combination of geography lesson, photo album, travelogue and recipes, accompanied by stories by Buehler about the preparation and enjoyment of the meals as a child in Germany.

Buehler said she has combined all her hobbies - traveling, photography, history and writing - into her new profession, after years of working in information technology and as a corporate consultant. Her family nurtured the hobbies.

"I was raised in a family where you grew up with music, books and good food. All my passions come from that source."

As do some of her skills. Her father taught her photography. "He strongly encouraged me," Buehler said. "He took me on photo trips."

The inspiration for the work came from a need to introduce new friends and neighbors to the "real" Germany. When she arrived in the United States, she was introduced to "German" restaurants, but the food wasn't to her expectations.

"No, no, there is more to Germany," she said. "This is not Germany." The next step was to take action. "Why don't you write a cookbook for yourself, how you would like it," people said.

And that's what Buehler did.

She assures readers that all of the recipes have been tested and approved by her husband Chuck, who she met years ago in her professional life, and with whom she later kindled a personal relationship after both were widowed.

The book is designed as a year's travel through the country, with each month offering a menu that accentuates the best offerings of a particular area for a particular month, with a special dish for each month.

One of the challenges of

bringing authentic German cooking to American tables has been in finding all the ingredients that she was used to in Germany. "It was kind of a challenge for me to translate the ingredients," Buehler said. For example, "quark" in Germany is neither a part of an atom, nor is it a brand of a desk-top publishing program. Rather, it is a byproduct of milk, according to "Guten

Appetit's" glossary, a "creamy, smooth white mass, often used in dips, sauces, cakes, desserts and bread spreads." It was necessary to find it, along with a number of other familiar ingredients, but Buehler has found outlets for the various ingredients, and is back in the business of German cooking the German way. "It's all there," Buehler said of the ingredients. "It's just not known," and her book points out where these items can be found.

There is even a note on the difference between the flour and the baking powder in the two countries.

Thus far, Buehler has produced the books, with the help of a careful proofreader and editor, on her own, with the exception of the covers, which are produced by Bayport

Printing. But Buehler said she is ready to turn the physical production of the book over to a production company, simply because of the vast amount of work it requires to print and assemble the books.

And she has other work to do. It is her hope that this is the first of several such travel-cookbooks on her docket. It is her hope that travels and research will take her through the old East Germany, Poland, Austria, the old Yugoslavia, and on to

Italy, Malta and Spain and other European countries to produce more of the same type of books. "It's going to be a lot of fun," she said.

Buehler stresses that a requirement for working on the books is that she experience firsthand what it is she is writing about.

"Wherever this has been, we've been there," she said, which will be the case for future projects. The history and geography lessons can come from

the Internet, she said, but food lessons come from experiences.

Her work can be found on her business' Web site www.digitalphotoartonline.com, 651-430-0444, or ute.buehler@tcq.net.

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What's next

- ◆ What: Ute Buehler will show her photography, along with another photographer and a watercolor artist, at the Worldly Art Exhibit Open House, 7 p.m. Thursday, May 4.
- ◆ Where: The Chocolate Spoon Café, White Bear Lake, at the corner of Fifth and Banning.
- ◆ Information: 651-426-3299



Courier photo by Andy Blen

Ute Buehler displays her work, which includes the travel cookbook, and other photographic offerings from her travels and research.