

# TRADITIONAL GERMAN FARE

## MAHLZEIT

BY CATHERINE SMITH

### WHAT IT IS

Mahlzeit is Yangon's first German restaurant, located on the ground floor of the new Uniteam building in Sanchaung Township. The word Mahlzeit derives from a phrase that originally translated as 'blessed mealtime'.

### ATMOSPHERE

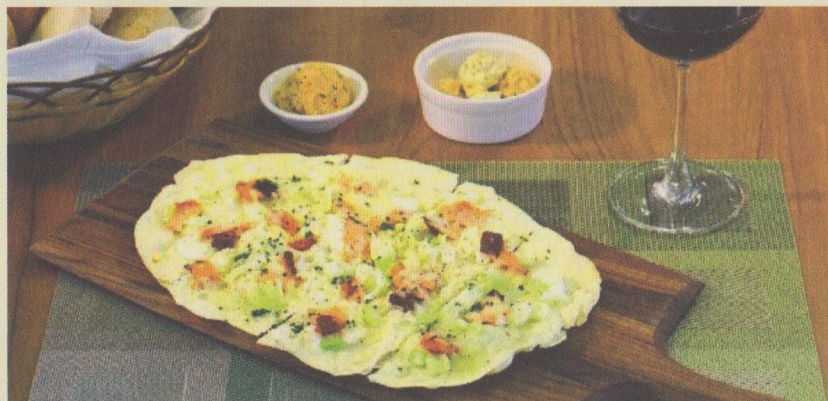
The service was attentive. The décor is simple with clean lines, light pine-colored furniture, and a bar as a central feature. It is easy to imag-

ine it becoming a bustling lunch and after-work/dinner destination.

### RECOMMENDATIONS

The chef offered us taster plates from the menu, we had a good overview of what's on offer. The homemade breads were exceptional.

We started with Flammkuchen, a kind of traditional light-as-a-feather pizza topped with ham & onion, spinach & pumpkin and smoked salmon – definitely recommended (6,500 Ks - 9,000 Ks). We also tasted



a medley of salads – cucumber, potato, cabbage and sausage – which can be ordered as standalone (8,000 Ks) or as accompaniments to mains.

Our meat platter included a variety of locally made German sausages (19,000 Ks) and meat patties (9,000 Ks) – both were standout dishes; sides were sauerkraut, red cabbage, creamy mash, dumpling, spaetzli and delicious, meaty gravy. Desert included 'Cadbury's cheesecake' and apple crumble. The cheesecake was luckily less sweet than it sounded

(and moreish) though the crumble was slightly disappointing.

### FINAL THOUGHTS

Mahlzeit has a business lunch menu that changes daily. The quality of ingredients, homemade dishes and traditional fare make it a welcome addition to the local restaurant scene.

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