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BLACK FOREST BREAD



Black Forest bread from southern Germany is moist on the inside with a thick, dark crust. It's a typical example of a mixed-grain bread and is a popular choice for a vesper, which is what the people of Swabia call a small snack of bread, cheese, and sausage.

INGREDIENTS

- 30 oz (850 g) type 1050 flour
- 5 ¼ oz (150 g) rye flour
- ¾ oz (20 g) yeast
- 3 tbsp tepid water
- 5 tsp (25 g) salt
- 20 fl oz (600 ml) tepid water

METHOD:

1. First, mix the two flours together in a bowl. Make a small well in the center with your hand.
 2. Dissolve the yeast in 3 tbsp of tepid water and pour the liquid into the well. Then cover the bowl and leave to rest for three to four hours.
 3. Now add the salt and 20 fl oz (600 ml) of tepid water and mix together to form a dough. Leave to rest for around 75 minutes, kneading the dough every 30 minutes. Once it has rested, shape the
 4. dough into a round loaf. Place it on a baking sheet lined with parchment paper and leave to rise for a further 10 minutes.
- Preheat the oven to 475 °F (250 °C). Place the bread on the middle rack and bake for around 30 minutes. Then turn the oven down to 350 °F (180 °C) and bake for a further 30 minutes.

Tip: The bread will stay fresh for up to a week if you wrap it in a clean dish towel.

PICTURESQUE HEIDELBERG

1. TIP:

Heidelberg can be summed up in one word: picturesque. The centuries-old city is enveloped by a spectacular backdrop of river, mountains, forests, verdant riverbanks, and historical buildings. Medieval Heidelberg Castle is particularly impressive, and is probably Germany's best-known and most beautiful ruin.



STAATSGALERIE STUTTGART

2. TIP:

At 129,100 square feet, the Staatsgalerie Stuttgart exhibits paintings, sculptures and graphics from the Middle Ages to the present. One focus of the collection is on modern art with works by Matisse, Picasso and Beuys. The museum architecture with its postmodern annex by famous architect James Stirling is also worth seeing.



THE NATURAL BEAUTY OF THE BLACK FOREST

3. TIP:

With its dense forests, light-flooded plains, and unique heritage, the Black Forest, Germany's highest non-Alpine mountain range, offers both fascinating culture and stunning nature. The region is home to three of Germany's largest national parks, boasting dizzyingly high treetop walks, as well as Europe's largest theme park and countless charming vineyards. Mount Feldberg, the highest mountain in the Black Forest, offers great views of the region.



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