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PADERBORN COUNTRY BREAD



Paderborn country bread is renowned far beyond the city in North Rhine-Westphalia. This light rye and wheat bread is eaten across Germany, not just in Paderborn. It has a strong and distinctive flavor, a moist texture, and keeps particularly well.

INGREDIENTS

Sourdough:

- 9 ½ oz (270 g) rye flour (type 1150)
- 9 fl oz (270 ml) lukewarm water
- 1 oz (30 g) rye starter

Main dough:

- 13 oz (370 g) rye flour (type 1150)
- 7 ½ oz (210 g) flour (type 1050)
- 20 oz (570 g) sourdough
- 12 ½ fl oz (370 ml) water
- 1 tbsp (8 g) fresh yeast
- 3 ½ tsp (17 g) salt

METHOD:

1.

Start with the sourdough. Mix the rye flour with the starter and the water and leave to ferment at room temperature for 24 hours.

2.

Mix the sourdough with the ingredients for the main dough and slowly knead for 10 minutes. Place the dough in a bowl, cover, and leave to rest for around 45 minutes. In the meantime, grease a large loaf tin (approx. 3 ½ lb / 1.5kg capacity).

3.

Transfer the dough to the loaf tin and leave to rise for a further 80 minutes. The dough is ready for baking once it has risen to the edge of the tin.

4.

Preheat the oven to 465 °F (240 °C) and spray water on the bread.

5.

Bake in the oven for around an hour. After 15 minutes, reduce the temperature to 410 °F (210 °C).

CAPTIVATING COLOGNE

1. TIP:

The history of Cologne, a city in western Germany, goes all the way back to Roman times. Founded more than 2,000 years ago, this urban center has evolved into a melting pot of different cultures. The locals' zest for life is part of the city's DNA and can be felt at every turn. There are any number of engrossing museums and impressive buildings to discover here, including Cologne Cathedral, a UNESCO World Heritage site.



UNESCO WORLD HERITAGE ZOLLVEREIN MINE

2. TIP:

The Zollverein Coal Mine Industrial Complex is one of the world's most significant industrial monuments and symbolizes the identity of an entire region. Once the world's largest coal mine, the site is now an amazing venue for art, concerts, festivals, and sports, offering an impressive industrial backdrop interspersed with verdant lawns and tall trees.



CYCLING ALONG THE RUHR VALLEY CYCLE ROUTE

3. TIP:

Where nature meets industrial heritage – the excellent Ruhr Valley Cycle Route follows the Ruhr river through forests and meadows. Every now and then, examples of the region's unparalleled industrial heritage come into view in the landscape. There are also numerous places to enjoy a break or stay overnight along this 240km certified premium route.



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