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RHINELAND BLACK BREAD

Rhineland black bread is a big favorite in the far west of Germany. This healthy rye bread is nutritious and high in fiber. Dark on the outside and lovely and moist on the inside, it can be enjoyed with savory or sweet toppings.

INGREDIENTS

- 4 ½ oz (125 g) rye flakes
- 4 ½ oz (125 g) rye meal
- 7 oz (200 g) wholegrain flour
- 1 ¾ oz (50 g) dried rye sourdough
- 2 ¾ oz (75 g) sunflower seeds
- 1 tbsp (10 g) fresh yeast
- 2 tsp salt
- 2 heaped tbsp apple butter or light treacle
- 12 fl oz (350 ml) water

METHOD:

1.

The recipe for Rhineland black bread is really simple. Mix all the ingredients together and leave the dough to rise for two hours at room temperature.

2.

Transfer the dough to a loaf tin and preheat the oven to 480 °F (250 °C).

3.

Place the tin on the lowest rack and bake at 480 °F (250 °C) for 20 minutes. Then turn the oven down to 390 °F (200 °C) and continue baking for a further 40 minutes.

Tip: Cover the bread with a damp dish towel after baking and don't remove it from the tin until it has cooled down.

MAINZ

A CITY WITH PIZAZZ

1. TIP:

The city of Mainz lies on the Rhine river and is a real insider tip among Germany's urban centers. Why? Because the people of Mainz simply know how to enjoy life. There are countless cafés, restaurants, and bars across the city, and during the summer months the locals love to spend time on the banks of the river. The city's long history, dating back 2,000 years to the Roman Empire, is still in evidence all around.



ELTZ CASTLE

2. TIP:

Eltz Castle towers high up on a rock, enveloped by lush green forests and with commanding views of the surrounding area. This spectacular and well-preserved monument, which looks like something out of a fairy tale, was built in the 12th century and is the source of several myths and legends.



MOSELLE WINE REGION

3. TIP:

The area around the meandering Moselle river is Germany's oldest wine-growing region. Row upon row of vines cover the steep hillsides of the Moselle valley, lending the landscape an exceptional, romantic charm. Accomplished wines, outstanding cuisine, and excellent walking and cycling trails are the hallmark of this region.

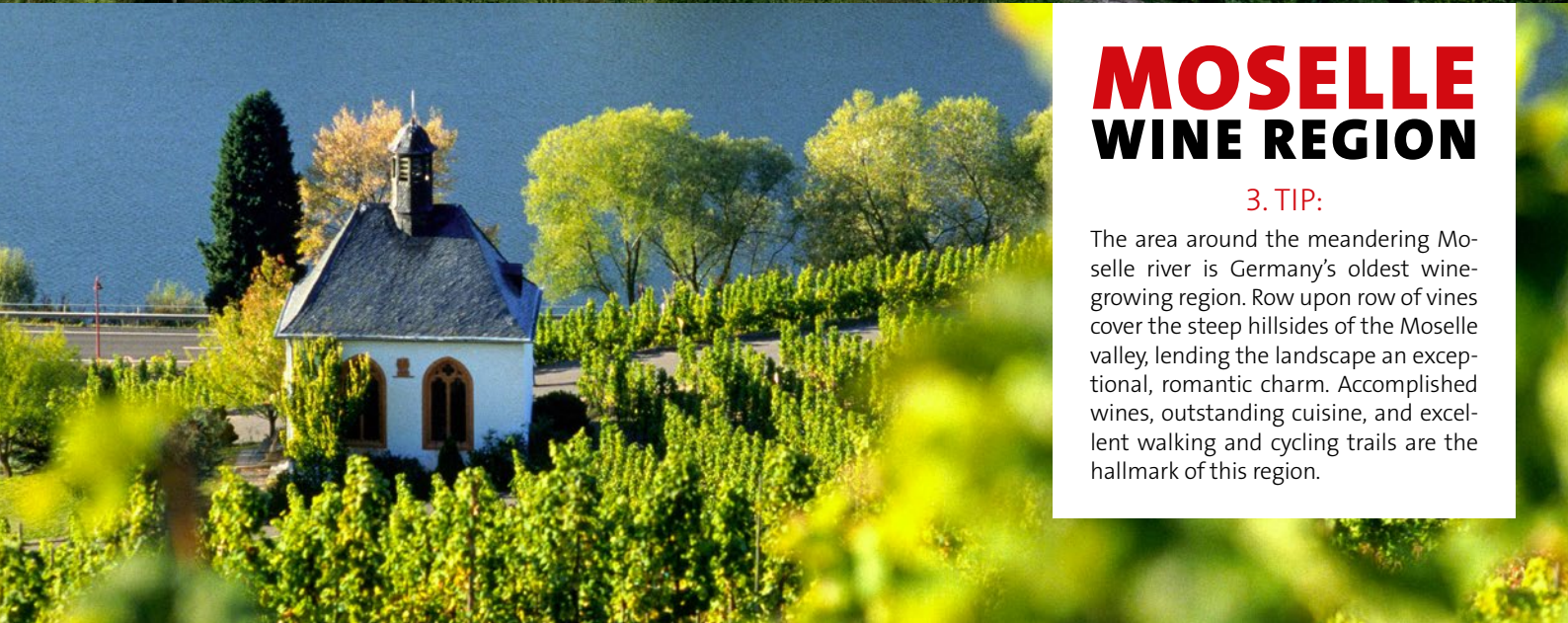


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