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THURINGIAN POTATO BREAD



Wonderfully moist but also full of vitamins, Thuringian potato bread is a particular favorite in central Germany. The addition of potatoes makes the bread quite healthy and easily digestible. It's delicious spread with jam or eaten as an accompaniment to a hearty soup.

INGREDIENTS

- 9 oz (250 g) flour
- 9 oz (250 g) floury potatoes
- 1 ¾ oz (50 g) sugar
- 1 tsp salt
- ¾ oz (20 g) fresh yeast
- 2 tbsp milk

METHOD:

1.

Begin by dissolving the yeast in lukewarm milk. Then add the flour to a bowl and make a small well in the middle using your hand, into which you add the yeast-milk mix. Knead the ingredients into a dough and leave to rise for 30 minutes at room temperature.

2.

Preheat the oven to 350 °F (175 °C).

3.

Wash the potatoes, boil them in their skins, and then peel them. Press the still hot potatoes through a potato ricer. If you don't have one, you can use a masher instead. Add the riced or mashed potato to the dough and knead.

4.

Add the sugar and salt and mix everything into a smooth dough.

5.

Grease a loaf tin and lightly dust it with flour, then add the dough. Leave to rise for another hour.

6.

Brush a little milk over the dough and then bake it in the oven for 30 minutes.

CULTURE IN WEIMAR

1. TIP:

This small city in the heart of Germany has written its name into the history books on more than one occasion. It's where Germany's most famous poets, Goethe and Schiller, lived and worked, where the world-famous Bauhaus School was founded, and where Germany's first democratic constitution was signed into law. There are details of history to be discovered at every turn in beautiful Weimar. A visit to the city is a must if you're interested in culture and history.



THE MERCHANTS' BRIDGE IN ERFURT

2. TIP:

The most famous Erfurt landmark is the Merchants' Bridge, which features the longest series of inhabited buildings on any bridge in Europe. Its name originates from the merchants who used to sell their wares on the bridge. And to this day, this historical site is home to small shops selling local crafts such as wood carvings, hand-painted ceramics, and glass art.



THURINGIAN FOREST

3. TIP:

The Thuringian Forest is a dream destination for people who love the great outdoors. In summer, you can explore richly varied walking routes or white-knuckle mountain bike trails. During the colder season, the snowy uplands provide ideal terrain for cross-country and downhill skiers. Alternatively, you can trek across the snow on a horse-drawn carriage or dog sled.



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