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## APFELWEIN BREAD



Hessen is famous for its popular apfelwein cider. The locals are so fond of it that they even use it in their bread. You can't really taste the apfelwein after baking, but it gives the bread a light and moist texture and a lovely crust. A great way to enjoy it is simply with butter and chives.

### INGREDIENTS

- 17 ½ oz (500 g) rye flour
- 7 oz (200 g) flour (type 1050)
- 1 packet dried yeast
- 1 bag (150 g / 5 oz) liquid sourdough
- 1 tbsp salt
- 2 tbsp dark syrup (sugar syrup)
- 11 ½ fl oz (340 ml) lukewarm apfelwein
- Aniseed, cumin and cardamom to taste

### METHOD:

1. Place the bag of sourdough in a bowl of lukewarm water. Mix the two flours with the salt and the dried yeast.
2. Add aniseed, cumin, and cardamom to taste. A quarter teaspoon is a good guideline.
3. Then add the sourdough, syrup, and apfelwein to the flour and knead everything together until the dough no longer sticks to your hands.  
**Tip:** If you can't get hold of apfelwein, then cider will do.
4. Shape the dough into a ball and dust with flour. Leave to rest in a warm spot for 90 minutes.
5. Knead the dough again and place in a loaf tin. Make a few cuts into the dough and leave to rise for a further 45 minutes.
6. Preheat the oven to 450 °F (230 °C) and place inside a heatproof dish containing some hot water. Take this out before you put the dough in the oven for baking.
7. Turn the oven down to 400 °F (200 °C) and bake for around 75 minutes.



# CULTURE IN WIESBADEN

## 1. TIP:

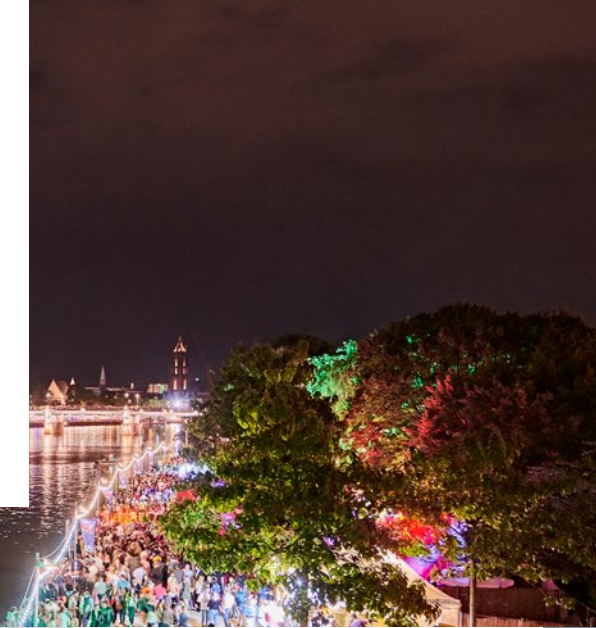
The city of Wiesbaden exudes chic elegance. Large, stately buildings, wide avenues, and lush green spaces lend the city a luxurious air. Aside from a lively cultural scene, the city offers many ways to relax, including some excellent thermal spas.



# FRANKFURT SACHSENHAUSEN

## 2. TIP:

The district of Sachsenhausen in Frankfurt is famous for its traditional cider houses. Apfelwein, or ebbelwoi as the locals say, is made of apples and has been produced in Hessen since the early 17th century. It definitely tastes the best in the historical district of Sachsenhausen with its narrow alleys and half-timbered buildings.



# KELLERWALD- EDERSEE NATIONAL PARK

## 3. TIP:

Winding, narrow paths, fallen trees, and rocks on the wayside – Kellerwald-Edersee National Park is a haven of unspoiled nature in the heart of Germany. Here, adventurers of all ages can explore one of Europe's last ancient woodlands. And if you want to cool down, there's the magnificent Lake Edersee nearby.



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