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## EAST FRISIAN **BLACK BREAD**

East Frisian black bread has been eaten in northern Germany for centuries, as it is considered to be very healthy. In the Middle Ages, the bread was baked for up to 24 hours in special outdoor clay ovens, which gives the bread its characteristic dark color. East Frisians enjoy it with savory toppings, such as cheese, sausage, or fish, or sweet toppings like jam or honey.

### INGREDIENTS

#### Rye sourdough:

- 10 ½ oz (300 g) medium rye meal
- 10 ¼ fl oz (300 ml) water at 90 °F (30 °C)
- 1 oz (30 g) active sourdough-starter

#### ■ Soaker:

- 3 ½ oz (100 g) medium rye meal
- 7 oz (200 g) sunflower seeds
- 10 ¼ fl oz (300 ml) boiling water
- 4 tsp (20 g) salt

#### Dough:

- 14 oz (400 g) medium rye meal
- 6 ¾ oz (200 ml) water at 120 °F (50 °C)
- 2 tbsp (40 g) light treacle
- Rye sourdough
- Soaker

### METHOD:

1.

First, start with the sourdough. Mix the sourdough starter with the rye meal and water into a dough and leave to rest for 16 hours at room temperature.

2.

To prepare the soaker, pour boiling water on the sunflower seeds, salt, and rye meal and leave to soak overnight.

3.

Then mix 14 oz (400g) of meal with hot water and the soaker until it comes together as a dough. Now add the treacle and the sourdough. Slowly knead for 30 minutes and leave to rest for 45 minutes.

4.

Shape the dough into a loaf, ideally with wet hands to ensure that the dough doesn't stick too much. Then transfer the dough into a loaf tin and leave for a further three hours. After the three hours, the dough should hang over the edge of the tin by about an inch. If not, leave to rise a little longer.

5.

Preheat the oven to 425 °F (220 °C), put in the bread, and turn the oven down to 320 °F (160 °C). Bake for at least 140 minutes.

**Tip:** Leave the bread for 24 hours before cutting it.



# HANNOVER

## 1. TIP:

Hannover is a real hidden gem among Germany's urban centers. The city in Lower Saxony is a thrilling jumble of the old and the new, and trendy quarters such as Linden lend it a hip and cosmopolitan flair. The lush Royal Gardens of Herrenhausen are a great place for a stroll, while Lake Maschsee is a hotspot for swimmers and windsurfers.



# AUTOSTADT IN WOLFSBURG

## 2. TIP:

Germany's largest car company, Volkswagen, is based in Autostadt in Wolfsburg. Here it has created a modern leisure and adventure park for its customers, car lovers, and families, featuring plenty of green spaces and water features, exhibitions, a play area, and an all-terrain track. Autostadt provides insights into production technology, showcases milestones in automotive history, and hosts cultural events.



# EAST FRISIA

## 3. TIP:

"Moin, moin" is the typical greeting here in East Frisia. This region on the North Sea coast is bathed in fresh, salty air, and there are countless sheep grazing on the verdant dikes. Anyone who loves the beach simply has to visit the East Frisian islands. Some of them are completely car-free, and the only way to get around is on foot or by bike. In addition to black bread, the region is also famous for its East Frisian tea, which is traditionally enjoyed with a drop of milk.

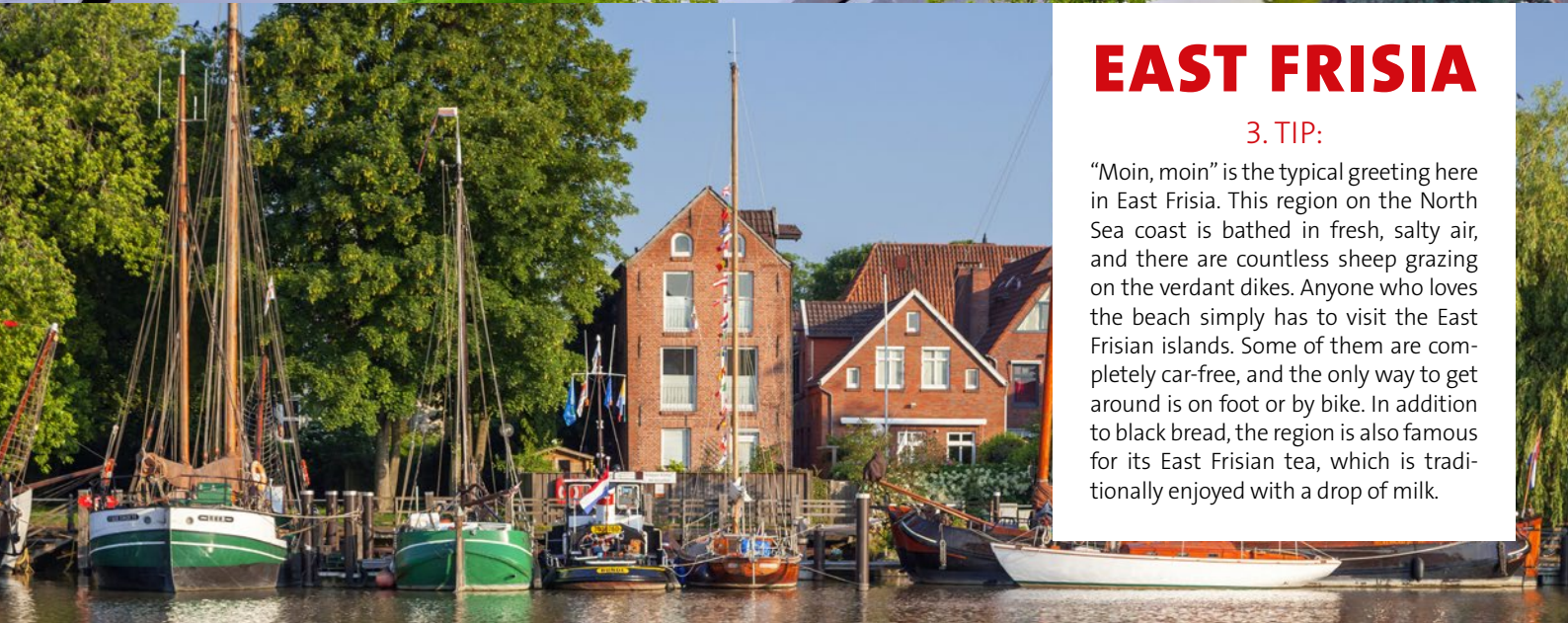


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