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HUNSRÜCK FARMER'S BREAD

Hunsrück farmer's bread has a loose-textured body and a pleasing crust. This hearty, typically round rye bread gets its name from the Hunsrück hills in western Germany. It's enjoyed across the Hunsrück at any time of the day, either with a sweet or a savory topping.

INGREDIENTS

- 10 ½ oz (300 g) flour
- 7 oz (200 g) rye flour
- 11 fl oz (330 ml) lukewarm water
- ½ cube yeast
- 2 tsp salt
- 3 tsp sourdough
- 1 pinch sugar

METHOD:

1. Mix the water and the yeast with a pinch of sugar for two minutes at 98 °F (37 °C). Then add 10 ½ oz (300g) of the flour, the salt, and the sourdough powder and knead slowly for four minutes.
2. Preheat the oven to 120 °F (50 °C) and place a heatproof dish containing 50 fl oz (1.5 liters) of cold water inside on the bottom.
3. Put the dough in a bowl, place in the oven, and leave to rise for around 30 minutes.
4. Take the dough from the oven and knead in the remaining 7 oz (200g) of rye flour for ten minutes. Return the dough to the warm oven and leave to rise for around an hour. Take the dough from the oven.
5. Turn up the oven to 480 °F (250 °C) and place the bread on the lowest rack. Bake for 15 minutes at 480 °F (250 °C), then turn the temperature down to 410 °F (210 °C) and leave in the oven for another hour.

Tip: Leave the water in the oven during baking. This ensures that the bread is lovely and moist.

GOOD FOOD AND GOOD TIMES IN SAARBRÜCKEN

1. TIP:

The city of Saarbrücken in western Germany is elegantly inviting. There are small, welcoming cafés and bistros at every turn. The locals love their food and highly prize the excellent regional cuisine with its French influences. Saarbrücken Palace, a grand vision in brilliant white, is also well worth a visit.



UNESCO WORLD HERITAGE VÖLKLINGEN IRONWORKS

2. TIP:

The Völklingen Ironworks once produced pig iron, but today is a cultural hotspot. This fully preserved industrial complex is a UNESCO World Heritage site that now hosts exhibitions, concerts, and even multi-day festivals. Children will enjoy the science center, which has numerous iron-based experiments and experiences to discover.



THE MAGICAL SAAR BOW

3. TIP:

The Saar Bow is one of Germany's prettiest riverscapes. The Cloef viewing platform offers great views of the Saar river below. It is reached on a marked trail that leads through the stunning landscapes of the Saar Bow. If you have a head for heights, then the treetop walk with its far-reaching views is not to be missed.

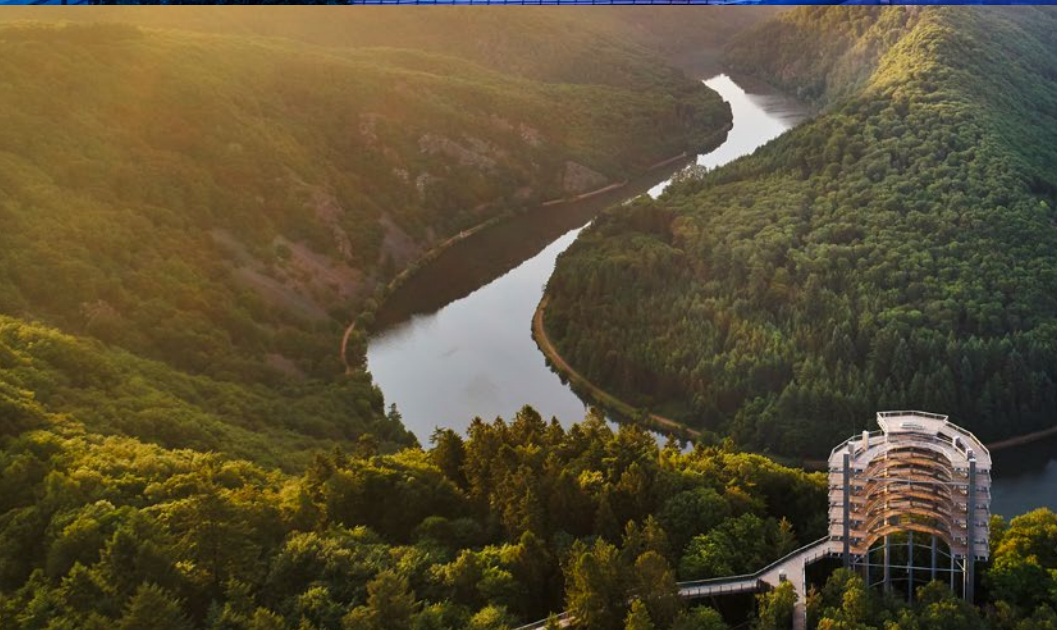


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