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H A R Z CARAWAY BREAD



This beautifully moist caraway bread from the Harz region offers something a little bit different because it's baked with cheese. The Harz Roller that it uses is a very strong-tasting regional cheese – in fact some even go so far as to call it stinky! Caraway is added as well to make the bread easily digestible. Harz caraway bread is commonly eaten with sausage or simply spread with butter.

INGREDIENTS

Sourdough:

- 3 ½ oz (100 g) rye flour (type 1150)
- 1 ¾ (50 g) wholegrain flour
- 3 ½ fl oz (100 ml) water
- ½ oz (15 g) sourdough starter

Autolyzed dough:

- 6 ¾ oz (190 g) flour (type 1050)
- 4 ½ fl oz (130 ml) water

Main dough:

- Sourdough
- Autolyzed dough

- 2 ¾ oz (80 g) rye flour (type 1150)
- 2 fl oz (60 ml) water
- ½ oz (5 g) fresh yeast
- 1 tsp (5 g) salt
- ½ oz (12 g) caraway seeds
- 3 ½ oz (100 g) Harz Roller cheese (or another strong cheese)

METHOD:

1.

Mix the sourdough ingredients and leave to prove for 24 hours at room temperature.

2.

Knead all the ingredients for the autolyzed dough by hand and leave to rest for 20 minutes.

3.

Take 5 minutes to slowly work all the ingredients, except the cheese and caraway, into a medium-firm dough. Add the roughly cubed cheese and the caraway and quickly mix them in.

4.

Leave the dough to rise for a further 90 minutes. Form into an oblong loaf and leave to rest for another 30 minutes.

5.

Preheat the oven to 480 °F (250 °C) and put the loaf and a bowl with 20 fl oz (0.5 l) of water in the oven. Then reduce the temperature to 410 °F (210 °C) and bake for about 45-50 minutes.

QUEDLINBURG UNESCO WORLD HERITAGE SITE

1. TIP:

The origins of Quedlinburg's old quarter date back more than 1,000 years. The many historical buildings that you'll find in the town have earned it recognition as a UNESCO World Heritage site. Quedlinburg is perfect for a leisurely stroll thanks to its wonderful architecture. The town's Ständerbau Museum provides more information on the timber-frame construction style that is a feature of nearly 2,000 Quedlinburg houses spanning eight centuries.



HARZ NATIONAL PARK

2. TIP:

The Harz mountains of central Germany are shrouded in myth and legend. You'll understand why when you see the dark pine forests, bizarre rock formations, idyllic streams, and ancient moors here. Walkers can look forward to scenic and well-maintained marked trails. Those who like things a little more leisurely can travel on the historical Harz steam railway to the top of Mount Brocken, the region's highest peak.



LUTHERSTADT WITTENBERG

3. TIP:

This small town in the heart of Saxony-Anhalt is regarded as the cradle of the Reformation. Martin Luther lived and worked here for many years. It was where he nailed his 95 Theses to the castle church in 1517, an act that is widely considered to have triggered the Reformation. You can find out about the Reformation and its initiator at numerous museums and monuments in Wittenberg. The Church of St Mary, the castle church, Luther's House and Melanchthon's House are also part of the UNESCO World Heritage site.



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