



© Photo Oliver Franke: Tourismus NRW e.V.



© Design: www.art-des-hauses.com | © Text: www.jumpr.com | © Photos: fotolia



westfälischer PUMPERNICKEL

This makes for a terrific 'career' for what used to be referred to as 'poor man's bread'; doubts have been cast in relation to both its roots and its name. However, no doubts abound when it comes to what this bread contains and how it is produced. This speciality bread is grounded in the Westphalia region as a pure, natural and traditional food.

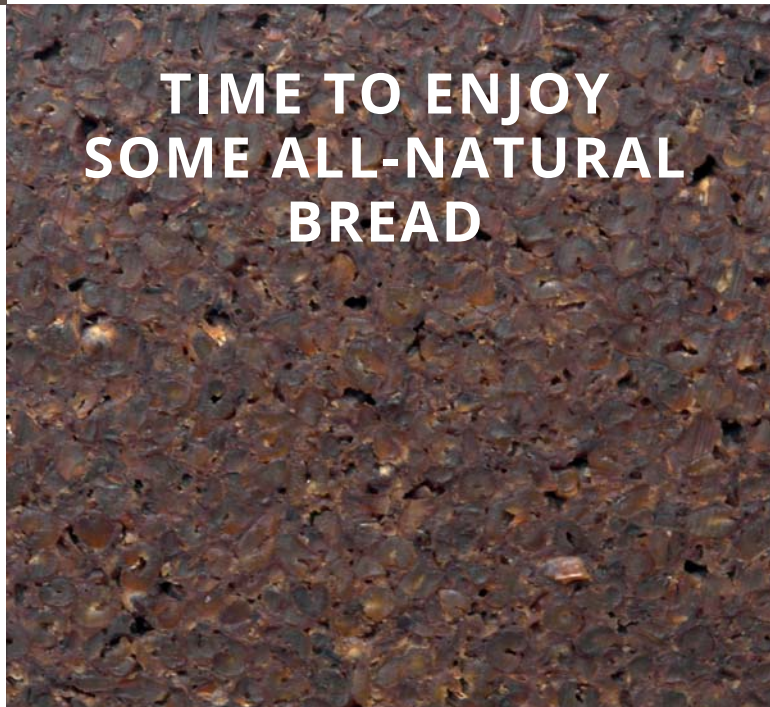
The seal of approval from the European Commission means that consumers the world over can rest assured that Westphalian pumpernickel really is made from the ingredients mentioned above. From preparing the dough through to baking, slicing and packaging the bread, it is produced within the limits of the region governed by the Landschaftsverband Westfalen-Lippe (Westphalia-Lippe environmental association); no production is carried out in Lippe.

In an increasingly globalised world, Westphalian pumpernickel certainly meets people's needs with respect to delivering flavours from back home.

Find out more about 'the little almost-black loaf' at www.westfaelischer-pumpernickel.de

Schutzgemeinschaft Westfälischer Pumpernickel e. V.
(German association for the protection of Westphalian pumpernickel)
An der Landwehr 1
45883 Gelsenkirchen, Germany

Email: info@westfaelischer-pumpernickel.de



TIME TO ENJOY SOME ALL-NATURAL BREAD





© Photo Oliver Franke-Tourismus NRW e.V.

'Little black dress' isn't just a coinage denoting that special something in the world of ladies' fashion, where it works for virtually any occasion – it can also be applied in other domains. In the country that brought you a thousand kinds of bread, **'the little almost-black loaf'** is one of its oldest and most well-known specialities.

In Germany, it's something of an all-rounder – and can be found in almost every food shop. On account of its exceptional visual appeal and great taste, Westphalian pumpernickel enjoys an excellent reputation here and in almost 100 other countries across the world, too. It is truly unique – so much so, in fact, that it was awarded PGI (protection of geographical indications) certification by the European Commission back in November 2014. This serves to distinguish **Westphalian pumpernickel (PGI)** as an official regional speciality and legally protects it from misuse.

Westphalian pumpernickel is made of nothing but wholemeal and grains of rye – with its hulls and shoots – as well as water and salt. Yeast, malt and sugar-beet syrup may also be added, but preservatives are a no go.

The 'little almost-black loaf' is given ample time to develop and is made by hand – this is a real luxury in the world of food yet a matter of course for the manufacturer, who relies solely on traditional production methods and has been setting great store on ingredient sourcing and authentic results for generations.

Once the dough has risen, it is left to rest for a number of hours. It then spends the next 16 hours, sometimes even longer, in the baking chamber at a temperature just above 100 degrees Celsius. This is a unique Westphalian process in terms of duration and temperature, and serves to preserve both vitamins and fibres, caramelise the fructose present in the grains, and help the wholemeal to stick together. Westphalian pumpernickel is therefore almost black in colour, slightly sweet, wonderfully moist and has neither dough bubbles nor a crust to speak of. For more than 500 years, pumpernickel has been a true star, both visually and in terms of taste.

Up until the middle of the last century, 'Swattbraut' (pumpernickel) was a staple at rural dining tables across Westphalia.

These days, Westphalian pumpernickel puts in appearances far beyond the German region's borders, whether it be in the kitchens of health-conscious modern individuals, ambitious restaurateurs and caterers, or in the packed lunches of children and sports personalities. The product is a kind of food that's traditional and modern all at once.

As well as an ideal basis for delicate or sweet flavours, pumpernickel is a diverse and flexible partner for sophisticated functions: for example, it's excellent with truffle pâté, fresh oysters and mussels, or perhaps as a creative and exceptional dessert, for instance candied in the form of a Westphalia-inspired twist on the Turkish delight.