



**68 Haut-Rhin** is a department in the Grand Est region of France, bordering both Germany and Switzerland. It is named after the river Rhine. Its name means Upper Rhine. Haut-Rhin is the smaller and less populated of the two departments of the former administrative Alsace region, the other being the Bas-Rhin. The more southerly of the two departments in Alsace, the Haut-Rhin is above all a

Popular destination with those seeking to visit traditional Alsace villages and enjoy the scenery, to see the vineyards and perhaps enjoy the local wine

Alsace has a rich, highly intensive agriculture characterized by small farms. This is particularly true of the vineyards that dominate the foothills of the Vosges. Riesling, Gewürztraminer, Sylvaner, Auxerrois, and Pinot Blanc are among the notable white wines produced.

Colmar is the principal centre of the wine-growing region, whose vineyards extend in a narrow strip along the lower slopes of the Vosges west of the city.

Parts of the alluvial plain west of Strasbourg are devoted to cereals, but industrial crops are also widely cultivated and include sugar beets, hops, and tobacco. The region is also known for its asparagus and foie-gras.

**Wild Blueberry Tart** has a shortcrust pastry topped with semolina or biscuit crumbs to absorb the fruit juice from the generous layer of wild blueberries. Once prepared, the tart is baked for around twenty minutes, then sprinkled with sugar before being put in the oven again for a few minutes.

**Baeckeoffe** consists mainly of three marinated meats (beef, pork and lamb) and potatoes cooked with Riesling wine, garlic, onion and herbs.

**Kougelhoppf** is a delicious typically Alsatian brioche with raisins and almonds is easily recognisable by its special shape. It can be eaten sweet or savoury.

**Sauerkraut** is traditionally served with pork and delicatessen meats. The famous Strasbourg sauerkraut is cooked in white wine. It is also possible today to find sauerkraut in completely original dishes served with fish or goose

## Traditional Gugelhupf (Kugelhoppf)

Gugelhupf, also known as kugelhupf, is a lemon, rum, raisin, almond and butter flavoured yeasted cake dotted with raisins baked in a tall, creased, circular mould with a circular hole in the middle. It is a very old, traditional cake that is especially popular in Germany, France, Switzerland and Austria.

PreparationTime; 15 mins, CookingTime; 40 mins,RisingTime; 3 hrs,Serves8

## **Ingredients**

250 ml heavy cream, heated to lukewarm temperature (traditionally heavy cream is used for the richest results but you can substitute whole milk if preferred)

11ml active dry yeast

100 g granulated sugar

500 g all purpose flour

1/2 teaspoon salt

50 g unsalted quality butter, room temperature, cut into pieces

80 g lard (traditionally used and recommended for the best texture but can substitute butter if preferred)

5 large egg yolks, room temperature

1 1/2 teaspoons quality pure vanilla extract

Zest of one lemon

110 g combination of raisins and golden raisins

1 tablespoon rum

80 g slivered or sliced almonds

12 whole blanched almonds (to blanch/remove the skins, place the almonds in boiling water, let sit for one minute, drain, and squeeze the almonds between your fingers to slip the skins off)

## **Method**

Butter a 210mm Kugelhopf pan (2l capacity).

Place the raisins and rum in a small bowl, stir to combine, and let the raisins soak for at least an hour or overnight.

Place the lukewarm cream in a bowl or cup and stir in the yeast along with one tablespoon of the sugar. Let sit for 10 - 15 minutes until nice and frothy.

Place the cream, butter, lard (if using) and sugar in the bowl of a stand mixer fitted with a paddle attachment and mix until pale and fluffy.

Add lemon zest and vanilla and beat until combined.

Add egg yolks and beat until combined.

Add half of the flour and yeast mixture and mix until combined.

Add the remaining half of the flour and yeast mixture and the salt and mix until combined.

Once the mixture comes together continue to knead with the paddle attachment for 10 minutes, scraping down the sides as needed.

If the mixture is too dry, add some additional egg yolk.

If it's too wet, add some additional flour.

Cover loosely with plastic wrap and put in a warm place (like a warm oven) to rise for up to two hours or until doubled in size.

Roll out onto clean non – stick work surface.

Press or roll out to form a rectangle about 6mm thick.

Sprinkle evenly with the raisins and almonds.

Roll it up from the widest side.

Bring the ends together to form a circle, pressing the ends together, and place it into the Kugelhupf mould.

Press gently down to ensure the dough is evenly spread in the pan.

Cover loosely with plastic wrap and put in a warm place (like a warm oven) to rise for about another hour or until the dough has risen just barely above the mould.

In the meantime, preheat the oven to 170C (fan 150C) 350 F.

Bake the Gugelhupf until it is nicely browned and a toothpick inserted into the middle comes out clean, about 30-40 minutes.

Let the cake sit in the mould for 10 minutes and then invert onto a wire rack to cool completely.

Dust with powdered sugar.

Serve immediately.

Best eaten the same day.

To store leftovers, wrap well in plastic wrap (will keep up to 3 days) or freeze.