

Project Number: 2019-1-DE02-KA204-006113

Activity: Cultural heritage in Europe – Traditional Cooking

Author	vhs Olching – Helmut Achatz
--------	-----------------------------

Fruitcake and the Right Season

Perhaps, when you will read this recipe, it might not be the right season to prepare it, but in the month of November it would be a good time to begin. Are only a few weeks until Christmas left? Then it is high time to start baking fruitcake!

The right time

Do you think November is too far away from Christmas? Wrong! Because fruit bread tastes better when it's stored for a few days or better weeks.

The best recipe

A tested recipe.

Kletzen- oder Hutzelbrot (fruitcake)

In German you have got a couple of words for fruitcake: "Kletzenbrot" or "Hutzelbrot", some will call it "Schnitzbrot" or "Bierewecke". „Biere“ doesn't correspond with beer but with pear, because dried pears are the main ingredient in fruit bread. By the way, „Hutzeln“ are dried pears. In former times one dried pears for the winter. Nowadays it is not easy to get them. However, health food stores usually sell dry pears.

More than just pears

Of course, fruitcake not only contains dried pears, but also prunes, figs and other dried fruits. In addition, there are nuts and almonds in the dough as well as candied orange peel and lemon peel.

The Alemanni, a culture group in the Southwest of Germany and Switzerland, do not touch the fruitcake until Christmas Eve. But you are supposed to consume the fruitcake not later than Epiphany. Well, that is past. By the way, there is a [fairy tale by Eduard Mörike about the Brownie](#), in which the fruitcake is given to the journeyman coppler Seppe by the Brownie. The very special concerning this peace of fruitcake it will never be all.

Well then, enjoy your fruitcake - and here is the recipe

Ingredients for four loaves of fruitcake

50 g dried pears (slices)

250 g dried plums (plums)

250 g dried figs
250 g raisins / sultanas
50 g dates
100 g hazelnuts
100 g walnuts
100 g peeled almonds
75 g candied lemon and orange peel
1 zest of one lemon
1 knife tip Cinnamon
1 knife tip cloves (powder)
1 teaspoon of crushed anise
5 tablespoons of rum
Sugar if necessary (however, the fruits already contain fructose)
500 g black bread dough or sourdough (available from the baker)

Preparation

- Soak pears (slices), plums and figs in water overnight
 - Let the dried fruit drain in a sieve the next day
 - Briefly boil pears (and other dried fruit, if not inserted)
 - store soaking water
 - cut the dried fruit into small cubes
 - wash the raisins and sultanas hot
 - cut the dates into small pieces
 - finely chop the hazelnuts and walnuts
 - finely chop the candied lemon and orange peel
 - scald and peel the almonds and half set aside for decoration
 - mix dried fruit plus candied lemon and orange peel as well as nuts and half of the almonds
 - add spices and rum
 - mix everything well
 - cover
- and let rest for 30 minutes
- mix in black bread dough and knead everything well
 - shape small loaves

- lay out baking parchment.
 - Spread the loaves on the baking parchment
 - Decorate with peeled almonds and candied orange/lemon peel
 - Bake at 170 ° on the bottom shelf for 70 to 80 minutes (depending on the size of the loaves)
 - Brush with the soaking water (dried pear broth) after baking
- After cooling, wrap in cling film
- tastes best after a storage period of one week to two weeks



Delicious – fruitcakes



Delicacy accompanying glögg or punch