

Pretzels

德式扭结碱水包

The pretzel has been the emblem of the baker's guild from the beginning of the 14th century until today.

It is the most common symbolic bread and, like other symbolic breads, is connected to numerous legends and myths. These are mainly concerned with the creation of the shape of the pretzel. In the Middle Ages, the production of pretzels was seasonally regulated or permission only given to a certain group of people.

Local differences can be recognised by the shape of the pretzel. While the twists lie higher in pretzels from Bavaria, Austria or Baden, the twists sit very low in typical Swabian pretzels, whereby the upper loop, also called body, is very much wider.

In the majority of the regions of Swabia and Baden, this body also has a cut which should cause a clearly distinct crust crack during baking.

自14世纪以来，扭结碱水包就是面包师们的保留作品。

扭结碱水包是一种最常见、最具代表性的面包，和其他常见的面包一样，它的诞生与无数传说和神话相关，多数是与扭结碱水包的造型联系在一起的。中世纪，扭结碱水包是季节性的食品，只对特定阶层的人群供应。

通过扭结碱水包的形状，可以判断出它出自哪一地区。巴伐利亚、奥地利或巴登地区的扭结碱水包，麻花扭曲的位置更高些。而斯瓦比亚的扭结碱水包，通常，它的麻花扭曲位置很低，卷饼环的上环，也叫“主体部分”，显得更宽些。

在斯瓦比亚和巴登的大多数地区，“主体部分”上还有一个切口，烘烤时，可形成一个明显的硬壳，咬起来十分酥脆。