

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 above all. 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

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