

BREAD & BREAKFAST

Swedish Limpa

I found this in a cookbook authored by a woman who was widowed when her youngest child (her ninth) was five weeks old. Can you imagine? Her cookbook is called Daily Meal Planner: A Busy Homemaker's Answer to Simplified Menu Planning. I can only imagine that she was busy and learned to simplify in a big way! Eliza made this for us the first time we tried it, and the result was two beautiful, brown rustic loaves. Eat them warm!

1 1/2 cups warm water
2 tablespoons dry yeast
1/4 cup molasses
1/3 cup sugar
1 tablespoon salt
rind of 1-2 (we used 2) oranges, finely grated
2 1/2 cups rye flour, freshly milled (or sifted if not)
2 tablespoons butter or soft shortening
2 1/2-3 cups white flour

Put water and yeast in a mixing bowl and stir. Add molasses, sugar, salt, and rind. Then add in rye flour and shortening/butter and mix until smooth. Add enough white flour for the dough to pull away from the sides. Then mix in mixer for 6 minutes on high, or put a little flour on the counter and kneed well. Let dough rise in greased, covered bowl until double in bulk. Punch down and allow to rise again. Divide in half and shape into round loaves. (I would put into greased bread pans if you need to have even slices. It's a very soft bread. It would also be really good as rolls.) Place loaves on a greased cookie sheet (opposite ends). Let rise about an hour, and bake at 375° F for about 30 minutes.