



Swedish Limpa Rye Bread

Jacob · 28/09/2024



Prep Time

2 hrs 35 mins

Difficult

Medium

Servings

3 hrs 35 mins

Description

Wonderful dark Swedish limpa bread

Ingredients

- - 1 ½ teaspoons caraway seeds - 1 ½ teaspoons fennel seeds - 1 ½ teaspoons anise seeds - 1 ¼ cups whole milk - ¼ cup butter
- cut into cubes - ¼ cup molasses - 3 ½ teaspoons active dry yeast - 2 cups all-purpose flour
- or more as needed - 1 cup rye flour - 1 ½ teaspoons sea salt - 1 teaspoon orange zest

Instructions

1. Combine caraway seeds
2. fennel seeds
3. and anise seeds in a spice grinder; pulse until coarsely ground. Heat milk and butter in a deep saucepan
4. stirring occasionally
5. until butter melts and milk comes to a bare simmer
6. about 5 minutes. Remove from heat and cool until milk registers 100 degrees F (38 degrees C) on an instant-read thermometer. Stir molasses and yeast into the milk mixture. Let stand until yeast is foamy
7. about 5 minutes. Add 2 cups all-purpose flour
8. rye flour
9. salt
10. orange zest
11. and ground seed mixture; stir until dough forms a shaggy mass. Knead in the saucepan
12. adding more flour if needed
13. until dough is no longer sticky
14. 5 to 7 minutes. Turn dough out on a floured surface. Knead
15. adding more flour if needed
16. until smooth and springy
17. about 7 minutes. Place dough in a large greased bowl
18. turning to coat. Cover with a damp kitchen towel or piece of plastic wrap. Let rise in a warm area until somewhat puffy
19. about 1 hour. Line a baking sheet with parchment paper. Place dough on the baking sheet. Cover lightly with a towel or plastic wrap. Let rise until puffy
20. about 1 hour 30 minutes. Preheat the oven to 350 degrees F (175 degrees C). Bake in the preheated oven until browned
21. 35 to 40 minutes. Bread will sound hollow when tapped on the bottom. Tips The dough won't double in size like some doughs do.