

Swedish Beer Rye Bread (Vort Limpa)

Ingredients

- 1 $\frac{3}{4}$ cups beer
- $\frac{1}{2}$ cup warmed molasses
- 2 cakes yeast dissolved in $\frac{1}{4}$ cup warm water
- $\frac{1}{2}$ cup butter
- 2 tsp salt
- 3 cups rye meal or flour
- 3 cups white flour
- 1 tbsp caraway seed

Instructions

Combine beer and molasses and add the dissolved yeast. Beat in the rest of the ingredients and blend well. Brush the top of the dough with softened or melted butter, cover, and let rise until doubled. Then punch the dough down, turn it out onto a floured board, and knead until thoroughly, about 7 to 8 minutes, using as much more white flour as is necessary to keep the dough from sticking. Shape into 2 loaves and place in buttered 8- by 4-inch loaf pans; or shape into 2 oval loaves and place on buttered cookie sheets. Cover and let rise until doubled. Bake in a 350 oven for 35 to 45 minutes, or until done.