

SWEDISH LIMPA

Ingredients

- 1 package yeast
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup medium brown sugar
- $\frac{1}{4}$ cup light molasses
- 1 tbsp salt
- 2 tbsp Shortening
- 1 $\frac{1}{2}$ cups hot water
- 2 $\frac{1}{2}$ cups stirred med. rye flour
- 3 tbsp grated orange peel
- 3 $\frac{1}{2}$ to 4 cups sifted all-purpose flour

Instructions

Soften yeast in $\frac{1}{4}$ cup warm water. (110°). In a big bowl, combine brown sugar, molasses, salt, and shortening. Add hot water and stir until sugar dissolves. Cool to lukewarm. Stir in rye flour- beat well. Add softened yeast and caraway seed. Mix. Add enough all-purpose flour to make a soft dough. Cover- let rest 10 minutes. Knead on floured board until smooth and satiny. Let rise in a greased bowl until double in bulk. Punch down. Divide, and shape into two balls. Pat into 2 round loaves and place on a baking sheet. Let rise until double. Bake at 375° 30 to 40 minutes. Brush with butter if desired.