

# 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

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