

Doug's Icelandic Rye Bread (Rúgbrauð)

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Most recipes for rúgbrauð are quite sweet. My husband, Doug, has cut the molasses way back, which suits our taste. There's no yeast and no kneading. You can mix up the batter and have it in the oven in 10 minutes, like an Irish soda bread. Doug uses metric measures, which I have converted, but follow the metric measures if you have a scale. His recipe is inspired by a recipe from **King Arthur Baking**.

Ingredients

- 3-3/4 cups (475 g) rye flour
- 1 tablespoon (10 g) baking powder
- 3/4 teaspoon (4 g) baking soda
- 2 teaspoons (6 g) kosher salt
- 2-1/2 cups (590 ml) buttermilk
- 2 tablespoons (30 g) molasses or golden malt syrup
- 1 tablespoon (15 g) vegetable oil



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Directions

Preheat the oven to 325°F. Position a rack in the center of the oven. Lightly grease a 9-inch pullman pan or 9 x 5 x 3-inch loaf pan.

In a large bowl, whisk together the flour, baking powder, baking soda and salt. In another bowl, whisk together the buttermilk, molasses and oil. Add the wet ingredients to the dry ingredients and stir to combine.

Transfer the batter to the prepared pan and spread it evenly. If using a pullman pan, grease the lid and put it on top. If using a loaf pan, top with greased aluminum foil and seal tightly.

Bake 2 hours, then turn off the oven and remove the lid or the foil. Leave the bread in the turned-off oven for another 15 minutes, then remove from the oven and turn the loaf out onto a cooling rack. Cool completely before slicing.

Makes one 9-inch loaf