Bread & baking / Iceland

# Icelandic rye bread



A sweet dark rye bread baked in a sealed tin for twelve hours at a low temperature.

**Time** 740 min **Servings** 12

## What you'll need.

- ☐ 500 g Rye flour
- ☐ 200 g Wheat flour
- ☐ 600 ml Milk
- ☐ 150 ml Golden syrup or treacle
- ☐ 100 g Brown sugar
- ☐ 2 tsp Baking powder
- ☐ 1 tsp Bicarbonate of soda
- ☐ 100 g Butter — to serve
- ☐ 1 tsp Salt

## Let's make it.

01 Mix both flours with the sugar, baking powder, bicarbonate and salt in a large bowl.

02 Warm the milk with the syrup until the syrup dissolves.

03 Pour the liquid into the dry ingredients and stir with a spoon to an even thick batter.

04 Grease a tin, pour in the batter and fill it two-thirds full.

05 Seal the tin with two layers of foil and tie it with string so no steam escapes.

06 Stand the tin in a deep tray of water and bake at 100 °C for twelve hours.

07 Cool it completely in the tin and rest it a day before cutting. Serve with butter.

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