

## Bodil's Rugbrød Danish Rye Bread

### Day 1:

- 1 cup of sourdough starter
- 2 cups of lukewarm water
- ½ cup cracked spelt berries
- ½ cup cracked rye kernels
- 1 cup rye flour
- 1 cup spelt flour (or wheat flour)
- ½–1 cup flaxseed
- 2 tbsp salt
- ½ cup pumpkin seeds, optional

Mix all the ingredients (A) into a thick mush (B). Leave at room temperature overnight (or for at least 12 hours) covered by a cloth (C).

### Day 2:

- 1 cup rye flour
- 1 cup spelt flour (or wheat flour)
- 1 tablespoon malt syrup, dark syrup, or dark molasses
- 1 malt beer or 1 cup water

Take ½–1 cup of the dough and store it in the refrigerator for sourdough starter to use next time you wish to bake bread (use within 1 week).

Add the day 2 ingredients to the mixture from day 1 (D).

Oil the bread pan and fill it ¾ full with the dough (E).

Leave the bread covered for 3–4 hours at room temperature or until it has risen to the edge of the pan.

Bake at 350°F for approximately 2 hours. Put a few cups of water in another pan in the oven while baking. This will keep the crust from drying out too much during the long bake time.

When the bread is removed from the oven (F) let it cool covered with a cloth. Place in a plastic bag or an airtight container overnight to let the bread settle. Then place it in the breadbox. Wait until the next day to slice the bread.

Enjoy the bread toasted with butter or use it to make open-face sandwiches (smørrebrød).



A



B



C



D



E



F

