

Icelandic Rye Bread (Rúgbrauð)

One 23-cm loaf

- 477g medium rye flour
- 2 tsp salt
- 1 T baking powder
- ¾ tsp baking soda
- 454 g buttermilk
- 168 g honey
- 170 g molasses

Cut honey and molasses in half.
(84 honey, 85 molasses) or use
Golden Syrup



1. Preheat the oven to **165°C** (or **93°C** for 8 hours)
2. In a large bowl, whisk together the **flour, salt, baking powder**, and **baking soda**.
3. In a separate bowl, whisk together the **buttermilk, honey**, and **molasses**.
4. Pour the wet ingredients into the dry ingredients, stirring to combine.
5. Transfer the batter to a lightly greased 23-cm pain de mie (pullman) pan and smooth the top. **Lightly grease the lid**, and place the lid on the pan.
6. **Bake the bread for 2 hours**.
7. Turn off the oven and remove the lid from the pan.
8. Leave the loaf in the turned-off oven for **another 15 minutes**, then remove from the oven and turn out of the pan onto a cooling rack.
9. Cool completely before slicing thinly and serving with butter or your favorite savory toppings. Pickled herring and smoked salmon are traditional, but cheese (anything from salty aged to soft mild) certainly wouldn't be amiss, either.

Store leftover bread tightly wrapped at room temperature for several days. Freeze for longer storage.

Tips

Golden syrup is Icelanders' sweetener of choice for this bread. However, a combination of honey and molasses, as we've used here, adds a bit more depth of flavor to the loaf.

