

Here's what's cookin' Swedish Lampa Serves



Recipe from the kitchen of

1 1/2 cups warm water

2 pkg yeast

1/4 cup molasses

1/2 cup sugar

1 tbsp salt

2 1/2 cup sifted rye flour

2 tbsp shortening

2 1/2 - 3 cups sifted white flour

Measure water into mixing bowl  
add yeast stirring to dissolve

Stir in molasses sugar + salt  
mix rye flour + soft shortening  
with a spoon until smooth  
add white flour by hand  
enough to handle easily

Turn onto floured board & cover  
let rest 10-15 min - knead until  
smooth & blistered (about 10 min)  
Round up in greased bowl - bring  
greased side up - cover with cloth  
let rise in warm place until double  
punch down - let rise until almost double  
divide in 2 parts - let rest ~~10~~ 10 min -  
shape into 2 round loaves - place on opposite corners of sheet