

# Rye Bread from Finland

A soft and mellow rye bread.

This is a recipe from **Finland**<sup>1</sup>.

## Ingredients

200 g	Doves Farm Organic Rye Flour
250 g	Doves Farm White Bread Flour
10 gm	dried yeast granules
10 to 20 ml	Zaytoun <b>FAIRTRADE</b> olive oil
10 g	salt
to taste	<b>FAIRTRADE</b> freshly ground black pepper
20 g	Traidcraft Muscovado sugar
270 ml	warm water <sup>2</sup>

## Method

### Preparation

Measure the flours, yeast, sugar and salt and a good grind of black pepper into large mixing bowl and stir briefly. Add 15 ml of the oil and then gradually add the warm water<sup>3</sup>, stirring with a wooden spoon, and when that becomes difficult use floured hands, to form first a shaggy mess and then a ball of dough that holds together.

The dough should be moist but not sticky to touch, achieved by adding a little more water or white flour as necessary. Smear a little oil on the dough ball and allow to rise in a warm place<sup>4</sup> for about 90 minutes, until well risen.

When risen, shape the dough for the oven into a round or an oblong, and place on an oiled baking tray.

Allow to rise<sup>5</sup> again for a further 30 minutes and in the meantime pre-heat the oven to Gas Mark 5.

### Cooking

Bake for 40 minutes in the center of the oven and then remove the baking tray and bake for a further 5 minutes.

Test for "hollowness" by tapping the bottom, when the loaf sounds hollow it is finished.

### The difficult stage

Place the hot loaf on a wire rack and allow to cool before slicing.

### Variations

Click **Breads**<sup>6</sup> to see all Fairtrade Cookbook bread recipes.

---

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/finland.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/bread\\_making.htm#warm\\_water](http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#warm_water)

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/bread\\_making.htm#warm\\_water](http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#warm_water)

<sup>4</sup>[http://www.fairtradecookbook.org.uk/recipes/bread\\_making.htm#rise](http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#rise)

<sup>5</sup>[http://www.fairtradecookbook.org.uk/recipes/bread\\_making.htm#rise](http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#rise)

<sup>6</sup>[http://www.fairtradecookbook.org.uk/pages/bread\\_making.htm](http://www.fairtradecookbook.org.uk/pages/bread_making.htm)