

## SWEDISTH RYE BREAD

1/3 cup molasses

¼ sugar

2 Tbls. Fat

3 cardamon seeds crushed

Combine these 4 ingredients and then add 1 cup  
boiling water and stir until dissolved. Add 1 cup  
milk

To the above mixture, add 1 pkg yeast dissolved in ¼ cup warm water. Beat in 2 ½ rye flour.

Let this rise an hour or until doubled in bulk.

Then add 2 tsp. salt and about 4 cups white flour.

Let rise an hour or so, and then make into 2 loaves, kneading well first.

Place in 2 greased loaf pans.

Let rise until doubled.

Bake at 375 degrees for 30-60 minutes. Bread is done when it sounds hollow when gently  
“knocked” with knuckles.

This is the way a dear Swedish friend gave me the recipes in the early '70's.