



Rieska (Finnish Flat Bread)

Ellen Lahti Karling (Ernie Karling's Wife)

Ingredients

- 3 cups all-purpose flour
- 2-1/2 cups barley or rye flour
- 1 Tbsp sugar
- 1 Tbsp baking powder
- 2 tsp salt
- 1 cup lard (or butter)
- 2 cups buttermilk
- 1 tsp baking soda

Directions

1. Preheat oven to 425 F.
2. In a large bowl, combine the flours with the sugar, baking powder, and salt. With a fork, or pastry blender, cut in the lard or butter until the mixture resembles coarse crumbs.
3. Mix the buttermilk with the baking soda and stir into the dry ingredients until a soft dough is formed.
4. Grease and flour (or line with parchment paper) a cookie sheet
5. Form into a circle and pat dough to about 1/2" thick.
6. Pierce all over with a fork.
7. Bake for approximately 20 minutes until lightly brown.

Best if eaten warm with butter.