



## **Hätäleipä Bread (Emergency Bread)** *Ellen Lahti Karling (Ernie Karling's Wife)*

This is a small loaf, so you may want to make two!

### **Ingredients**

- 1 1/4-ounce pkg (7 g) dry yeast (not instant)
- 1 cup warm water
- 2 tbsp molasses
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 cup rye flour
- 1-1/2 cups wheat or bread flour

### **Directions**

1. In a large bowl, dissolve yeast in warm water and add molasses. Let stand for 3-5 minutes, until foamy.
2. Stir in olive oil, salt, and rye flour. Stir in wheat or bread flour and then beat 50 times.
3. Turn dough onto a sheet pan covered with parchment paper, spreading it into a round shape (the dough is very loose and sticky). Let rise 30 – 60 minutes.
4. Bake in 400F oven for 30 minutes.

**TIP:** If you want a crunchy crust, spray some water in the oven at the beginning of baking. Or, before preheating the oven, place a cast iron pan or jelly roll pan on the bottom of the oven. Preheat the oven and place the bread dough in the oven to bake. Standing as far as possible away from the oven, fill the pan with 1/2-inch of hot water. This will cause an immediate burst of steam. Quickly close the oven door to trap the steam, and do not open for at least 10 minutes. Leave the pan in the oven and remove when the oven has cooled.