



BOHEMIAN RYE BREAD

- 2 Cups Lukewarm Water
- 1/4 Cup Sugar
- 1 Tablespoon Salt
- 1 Tablespoons Caraway Seeds
- 2 Tablespoons Fennel
- 3 Envelopes Yeast
- 2 Tablespoons Shortening
- 3 Cups Sifted Rye Flour
- 4 Cups Sifted Flour

DIRECTIONS

1. Mix together warm water, sugar, salt, caraway seeds, and fennel.
2. Crumble in yeast. Stir until dissolved.
3. Add shortening and flours.
4. Mix in as much flour as you can with a spoon, then use hands.
5. Knead and let rise for 1 hour.
6. Punch down, knead and rise again.
7. Shape into 2 loaves.
8. Place on a greased baking sheet.
9. Let rise 45 minutes.
10. Bake in a 375 degree oven for 30 to 40 minutes.