

①

Swedish Linpe

2 cups h₂O, ½ cup brown sugar,
2 Teaspoon caraway seed, one
tablespoon shortening, 1 teaspoon
chopped orange peel or 1 scant
teaspoon anise seed,
½ compressed yeast cake,
white flour as needed (about 3 cups)
1 Teaspoon salt, Rye flour
as needed (about 2 cups)
Boil together water, sugar,

caraway seed, shortening and
orange peel (or anise) for 3 minutes.
Let mixture become lukewarm.
Add yeast - stir thoroughly.
gradually adding sufficient
white flour to make soft
dough. Place dough in
a warm place and let
rise for $1\frac{1}{2}$ hours. Then
add salt and enough

(2)

Swedish Lunge (cont.)

rye flour to make a stiff dough. Let rise again for 2 hours. Knead slightly and shape into loaf. Put into greased loaf pan (9 x 5 x 3) and let rise again for half an hour. Bake in moderate (350°F) oven for 1 hour.