

Here is an aromatic and spicy loaf reminiscent of the old days when spices were rare and expensive, and only the finest families could afford them. As with most recipe for rye bread, this dough will be sticky until suddenly it has been kneaded to that certain point where it becomes smooth and dry.

### Spicy Rye Bread

All recipes this week are adapted from "Bernard Clayton's New Complete Book of Breads: Revised and Expanded" by Bernard Clayton, available from Amazon.com in hardcover at:

<http://www.amazon.com/exec/obidos/tg/detail/-/0671602225/worldwiderecipes>

and in paperback at:

<http://www.amazon.com/exec/obidos/tg/detail/-/068481174X/worldwiderecipes>

1 3/4 cups (435 ml) hot water  
3 Tbs (45 ml) dark molasses  
2 packages (2 Tbs, 30 ml) dry yeast  
2 Tbs (30 ml) vegetable shortening or oil  
2 Tbs (30 ml) packed brown sugar  
2 tsp (10 ml) salt  
1 tsp (5 ml) caraway seeds  
1/2 tsp (2 ml) ground cloves  
1/2 tsp (2 ml) ground allspice  
2 1/2 cups (625 ml) rye flour  
3-3 1/2 cups (750-875 ml) all-purpose flour

Combine all the ingredients except the flours in a large mixing bowl, stir to combine, and allow to proof for 15 minutes. Add the rye flour and 1 cup (250 ml) all-purpose flour to the bowl, stirring with a wooden spoon or electric mixer. Add more all-purpose flour until the dough leaves the sides of the bowl and is a slightly sticky but firm mass. Knead on a lightly floured surface or with the dough hook of an electric mixer for about 8 minutes, until the dough is elastic and smooth to the touch. Place the dough in a greased bowl, turning it to lightly grease all sides. Cover with plastic wrap and allow to rise until doubled in volume, about 1 hour. Divide the dough into two parts and form into oblong loaves. Place on opposite corners of a large baking sheet and cover with a tent of aluminum foil, being careful that the foil doesn't touch the dough. Allow to double in volume, about 45 minutes. Uncover the loaves and make four horizontal slashes in the top of the loaves with a sharp knife or razor blade. Bake in a preheated 375F (190C) for about 45 minutes, until the loaves sound hollow when thumped on the bottom. Turn the loaves 180 degrees halfway through baking so they brown evenly on all sides. Cool on wire racks before serving. Makes 2 loaves.

Bon appetit from the Chef at World Wide Recipes

