

Pumpernickel

Serves 10

3 packages active dry yeast

1 1/2 cups warm water, 105 -115 degrees

1/2 cup molasses

4 teaspoons salt

2 teaspoons shortening

1 tablespoon caraway seed

2 3/4 cups rye flour

2 3/4 cups flour

cornmeal

1. Dissolve yeast in warm water.
2. Stir in molasses, salt, shortening, caraway seed, and rye flour.
3. Beat until smooth. stir in enough white flour to make dough easy to handle.
4. Turn onto lightly floured board.
5. Cover; Let rest 10 to 15 minutes.
6. Knead until smooth, about 5 minutes.
7. Place in greased bowl; turn greased side up.
8. Cover; let rise in warm place, about 1 hour.
9. Punch dough down; round up, cover and let rise again until double, about 40 minutes.
10. Grease baking sheet; sprinkle with cornmeal.
11. Punch dough down; divide in half.
12. Shape each half into round, slightly flat loaf.
13. Place loaves in opposite corners of baking sheet.
14. Cover, let rise 1 hour.
15. Bake in preheated oven at 375 degrees for 30 to 35 minutes.
16. Serve
17. Enjoy.

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