

Pumpernickel Bread

1 $\frac{1}{2}$ cups warm water
3 packages dry yeast
1 teaspoon sugar

1 $\frac{1}{4}$ cups 2% milk, heated to lukewarm
1 $\frac{1}{3}$ cup light molasses
2 tablespoons honey
2 tablespoons sugar
3 tablespoons butter, melted
2 tablespoons caraway seeds
2 teaspoons salt

3 cups rye flour
1 $\frac{1}{2}$ cups whole-wheat flour, stoneground
3 cups (approx.) all-purpose unbleached flour
cornmeal for sprinkling pan

Yield: 4 small loaves

Place the warm water in a small bowl, and dissolve the yeast and 1 teaspoon sugar. Let the mixture stand for about 10 minutes or until the yeast starts to foam.

In a large bowl, combine the milk, molasses, honey, sugar, butter, caraway sees, and salt. Stir to mix well.

Add the yeast mixture to the milk mixture. Stir in the rye and whole-wheat flours, beating the mixture well. Add enough of the all-purpose flour to make a somewhat stiff dough.

Turn the dough out onto a lightly floured board, and knead it for about 10 minutes or until it becomes smooth and elastic.

Place the dough in an oiled bowl, turning the dough to oil the top. Cover the bowl, and let the dough rise in a warm, draft-free place for about 1 $\frac{1}{2}$ to 2 hours or until the dough has doubled in bulk.

Punch down the dough, and turn it out onto a lightly floured board. Divide the dough in quarters, and shape each into a loaf, either long or round. Place each loaf on a greased baking sheet that has been lightly sprinkled with corn meal.

Cover the loaves, and let them rise again until they have doubled in bulk, about 1 to 1 $\frac{1}{2}$ hours. With a very sharp knife, cut about three diagonal slashes $\frac{1}{3}$ inch deep in the tops of the long loaves, or slash a criss-cross into top of round loaves.

Bake the bread in a preheated oven 375° oven for about 20-25 minutes, or until they sound hollow when tapped on the bottom.