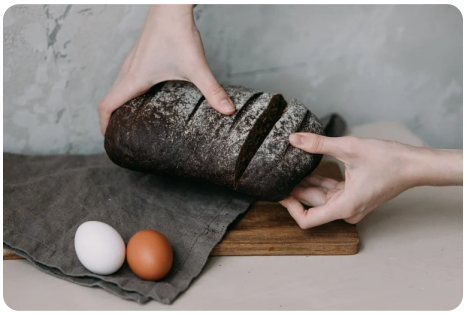
Russian Black Rye Bread

Russian Black Rye Bread from the original efishinsea.net site from 2004!



Ingredients

- **1 1/2 Cups** Warm Water
- **1/4 Cup** Dark Molasses
- **2 Tablespoons** margarine or butter (softened)
- **1 1/2 Cups** White Flour
- **1 1/3 Cups** Whole Wheat Flour
- **1 1/3 Cups** Rye Flour
- **4 Teaspoons** instant coffee granules
- **1 1/2 Teaspoons** Salt
- **1/2 Teaspoon** Fennel Seed (crushed)
- **4 Teaspoons** active dry yeast

Method

1. Combine the yeast and 1/2 Cup of the water. Stir and let sit for 15 minutes to dissolve.
2. Using a mixer with a dough hook, combine flours, butter, salt, molasses, coffee and fennel seed. Mix on low speed until well blended. Add the yeast mixture along with remaining water to the other ingredients and mix on medium until the dough forms a ball. Transfer this to a floured surface and knead until smooth and elastic (approx. 10 minutes?)

3. Return dough to bowl and cover and leave in a warm place until dough has doubled (about 1 hour)
4. Grease either 2 loaf pans (or one cookie sheet for larger round loaf)
5. Punch down the risen dough and divide into 2 parts if desired. Place dough into loaf pans (or onto cookie sheet) and cover to let rise, this time for 30-40 minutes until dough has roughly doubled in size again.
6. Preheat oven to 375' F (190' C)
7. Bake bread for 45-50 minutes.
8. Cool on wire racks.

Notes

> I have substituted a double shot of espresso in place of the instant coffee granules.
> Who drinks instant coffee anymore? :)