



Limpa

A recipe from our friend Paula Marcoux

Ingredients

- ½ teaspoon Cardamom Seeds, cleaned of shells and papery skin
- 1 teaspoon Anise Seeds
- 1 teaspoon Fennel Seeds
- 16 ounces Bread Flour (Try Maine Grains Sifted Flour)
- 2 ounces Rye Flour (Try Maine Grains Rye Flour)
- 1 ounce (3 tablespoons) Vital Wheat Gluten
- 1 tablespoon Kosher Salt
- 1 ½ teaspoon Dry Yeast
- 1 Orange – Use the Zest of the 1 Orange, Finely Grated
- 1 ¼ cup Warm Water (90° F), preferably from boiling potatoes
- 1 ½ ounces (2 tablespoons) Molasses
- 12 ounces Mature Rye Leaven
- 4 ounces (1 cup) Raisins, preferably golden

Method

1. Use a mortar and pestle or spice grinder to reduce the cardamom to powder. Add the anise and fennel seeds and bruise, but do not pulverize.
2. Combine the flours, wheat gluten, salt, and yeast in the bowl of a stand mixer or other large bowl if you intend to work by hand. Add the water, molasses, and leaven, and mix a few minutes until all ingredients seem uniformly combined. Mix in the raisins.
3. Cover dough airtight and ferment 80 minutes at warm room temperature, stretching and folding once halfway through.
4. Shape dough into taut rounds or cylinders and set in floured cloth-lined baskets, good side down. Enclose in a plastic bag, and set at warm room temperature to proof for 70-80 minutes.
5. Overturn each loaf onto a peel dusted with semolina or cornmeal, slash, and bake after the first heat of the oven as been used, at between 450 and 425° F.