



## Pumpernickel

### *Ingredients*

8 DL (Approximately 3 1/3 cups) water at 98 to 104 degrees F.  
16 grams Salt  
1 ½ teaspoons Anise  
1 ½ teaspoons Coriander  
1 teaspoon Fennel  
1 ½ teaspoon Cumin  
1 tablespoon Malt Extract  
100 grams Maine Grains Wheat Berries  
150 grams Bran  
350 grams Flaked, Rye, Spelt, or Wheat  
500 grams Maine Grains Rye Flour  
8 grams Honey

### *Method*

Everything is thoroughly mixed together to form a smooth and soft dough in the order in which it is listed.

The dough is divided into two parts, which are turned up and laid in two greased pans.

If the dough is very elevated, bake loaves at 300 degrees for 1 hour, and then at 225 degrees for 23 hours.

If the loaves are only elevated slightly, bake at 225 degrees for 24 hours – depending on the oven.

The bread becomes dark, but only after the long baking time.

Adapted from and Translated Danish to English from “Fremtidens Brød af Fortidens Korn” By Jørn Ussing Larsen