

Kustavilainen Saaristolaisleipä - DelIIlicious Finnish Bread That I Want To Eat All-The-Time!

Ingredients:

Difficulty: Medium (only because it takes a bit long)

(makes 3 loaves in loaf pans sizes: 2 of 25x11x7cm (1.5 lt) and 1 of 26x10x7cm)

a little canola oil (or another similar oil that does not have a strong taste) to grease the pans

1 lt buttermilk (In Finnish: piimää)

75 gr fresh yeast, crumbled

3 dl / 1 1/4 cups dark syrup

1 tbsp salt

3 dl / 1 1/4 cups wheat bran (in Finnish: vehnälese)

3 dl / 1 1/4 cups rye flour (in Finnish: ruisjauho)

3 dl / 1 1/4 cups malt (not powder, what I used is crushed rye malt - in Finnish: kaljamallas, see it [here](#))

1 lt / 4 cups + 2 tbsp + 2 tsp wheat flour (or all-purpose flour) -- next time I want to try with white spelt flour!

to brush the top with, optional*

1 tbsp dark syrup

1/2 dl / 3 tbsp + 1 tsp water in room temperature

*There wasn't this brushing in the recipe I adapted from. But I saw it done in some other recipes on Youtube and I liked the idea. It gives a bit darker finish to the surface and also it makes the bread shine. So feel free to do it or not.

Instructions:

1. First, prepare the pans. You can use 3 loaf pans like mine or, if you have bigger loaf pans, you can just prepare 2 of them. Grease the pans and put a baking paper inside. Put the ready pans aside.

2. Pour buttermilk in a pan and make it lukewarm, which means warm to touch but not too warm, burning your hands.

3. Pour warmed buttermilk in a big mixing bowl. Add crumbled fresh yeast and dissolve the yeast by whisking.

4. Add syrup and mix well using a spatula, a wooden spoon or a whisk.

5. Add salt and wheat bran and mix well.

6. Add rye flour and crushed malt and mix well.

7. Add wheat flour and mix well until all ingredients are incorporated.

8. Divide the batter into 3 pans. In my case, each pan had about 800 gr. batter. Cover the pans, loosely, with a stretch film or with a kitchen towel. Leave them in a warm corner of your kitchen to double in size. It should take about 1 hour to rise that much (but no worries if it takes longer for you because it depends very much on the environment).

9. While the batter is rising, preheat the oven to 180C.

10. When the batter in each pan doubles in size and your oven is warm enough, it's time to bake. My oven is medium size so I baked two of them first and the third one after. While waiting for the first two to bake, I put the third pan in the fridge, covered with stretch film. In the oven, I put the pans in medium rack. I baked for 1 hour at first, then I brushed with syrup, check next step (if you are not going to brush the top with syrup and water, then just bake the bread for 1 hour 20/30 minutes in total, until a skewer inserted in the middle comes out clean).

11. While the bread is baking, mix syrup and water. After 1 hour passes in the oven, take your bread out of the oven, quickly brush the top generously with syrup/water mixture. Put the bread back in the oven, again in medium rack, and bake for 20/30 minutes more (until a skewer inserted in the middle comes out clean).

12. When the bread is ready, take out of the oven and leave in the pans for 10 minutes to cool. After that, take them out of the pans and let them cool a little more before slicing and trying your first bite with butter (if you can wait that long of course!!!). Enjoy!