

Paul's Bread Pages

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Russian Black Bread

This bread originated from Swedish Knäckebröd which seems to be the basis for all crispbreads. The recipe has cascaded down across Scandinavia; Poland; Germany; the Baltic States and into Russia. The Russians have modified the recipe to make a leavened crispbread which has some unique properties. There are many regional variations of the recipe, but it is essentially rye flour, wholemeal flour, yeast, molasses, vinegar, caraway seeds and minced onion. The bread is oiled after baking to retain moisture.

Starter
25g dried yeast
1 tsp sugar
60ml warm water

Wet ingredients
60ml warm water
2 tbsp of cider vinegar
2 tbsp of dark molasses
2 tbsp of corn oil
1 tbsp of minced onion

Dry ingredients
130g rye flour
250g wholemeal flour
125g oat bran
1 tsp salt
1 tsp bruised caraway seed
1 tsp bruised fennel seed



Dissolve the yeast and sugar in warm water and leave for 30 minutes to ferment the starter mix. Combine the wet ingredients in one bowl and the dry ingredients in another bowl. When the starter is ready, combine all of the ingredients together and mix thoroughly. If the mix is too dry, add more water. If the mix is too wet, add more flour.

On a floured baking tray, shape into a firm round loaf (or place in a lined loaf tin) and leave to rise for at least 30 minutes. Set the oven to 190°C. When the dough has risen, cut a small cross on the top and bake the bread for 45 minutes until done. Cool on a rack and brush lightly with corn oil.

This type of bread should be sliced thinly and served with meat or cheese, or used as the base of an open sandwich.





