

Limpa

This is my extended-rise, high moisture version of the Swedish classic. The main hazard in making this loaf is inhibition of yeast action by the cardamon. Cardamon can have a particularly nasty effect on yeast growth, so don't exceed the recommended amounts. Also, consider halving the amount of cardamon if it is particularly fresh. If the cardomon has been sitting in your cupboard for a while, you're probably okay.

Two Loaves	Ingredient	One Loaf
6 cups, 816 g	Bread flour, 75%	3 cups, 408 g
2 cups, 270 g	Rye flour, 25%	1 cup, 135 g
1 tsp, 3 g	Yeast,	½ tsp, 1.5 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
½ cup, 110 g	Brown sugar, packed, 10%	¼ cup, 55 g
1 tsp	Ground caraway	½ tsp
1 tsp	Ground cardamom	½ tsp
1 Tbsp	Orange zest	½ Tbsp
3 cups, 711 g	Water, warmed to 105-115 degrees, 65%	1 ½ cup, 356 g

In a large bowl, stir together the bread flour, rye flour, yeast, salt, brown sugar, caraway, cardamom, and orange zest. Stir in the warm water until smooth, then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 16-20 hours then proceed to loaf shaping, or refrigerate until ready to use.

Remove dough from the refrigerator and divide in half if making two loaves. Shape the dough into a boule and place on a baking sheet or peel covered with parchment paper. Cover with plastic wrap and allow to rise at room temperature for 30 minutes or so while the oven warms up.

Preheat the oven, baking stone, and steam pan to 450 degrees. When ready to bake, remove the plastic wrap, slide the loaf onto the baking stone and pour a cup of tap water into the steam pan. Bake for 50 minutes then remove to a cooling rack. Allow to cool completely before slicing.