

## Instructions:

# Traditional Rhye Bread and Bread Cheese from Ostrobothnia

### About:

Traditional rye bread has a very special status in Finland. In 2016, the public voted on what should be the national dish of Finland and rye bread was the answer. We baked the Ostrobothnian version of rye bread and made bread cheese ("bondost", AKA coffee cheese) at open air museum Stundars.

### Rye bread, approximately 30 breads

- 4 l water
- 400 g yeast
- 1 tablespoon syrup
- 140 g salt
- 2 kg strong flour (a darker kind of wheat flour, SWE "jästbrödsmjöl")
- 2 kg rye flour
- Wheat flour until the dough is flexible

The traditional farms in Ostrobothnia commonly did not have baking ovens indoors, but rather separate baking houses were built. These were heated as rarely as twice a year, when hundreds of rye breads were baked at once and then dried.

### Process:

Heat up the liquid until it's finger warm. Dissolve the yeast in a bit of water. Mix all of the ingredients except the wheat flour, the result should be a loose dough. Let the dough rise for 30 minutes. Knead and add wheat until your dough is flexible and easy to handle. Bake about 30 rye bread, the traditional shape is round with a hole in the middle - use e.g. a small glass to make the holes and do bake "the holes" as well. Let the bread rise one more time. Bake for 10-15 minutes preferably in a traditional, wood heated baking oven, or in an electric oven at 225 degrees.



## Bread cheese

- 5 l colostrum (first milk, SWE “råmjölk”)
- 1 tablespoon cheese course
- 2 tablespoon salt

Tip: No colostrum to be found? Substitute with 4 litre 4% milk and 1 litre cream.

### Process:

Warm the liquid until it's finger warm, add cheese course and salt. Let sit for at least 30 minutes until it curdles. Reheat to lukewarm temperature. Break apart the cheese mass by stirring. The cheese mass sinks to the bottom while the whey floats on top. Gather the cheese mass with a spoon and place it in a strainer. Remove more whey by squeezing the cheese mass with your hands. Place the cheese mass in traditional cheese board - or in a round pie pan. Place the cheese board in the fire place close to the fire to bake, or bake in the oven at 250-300 degrees for 5-10 minutes. Using the grill function gives a nicer finish. Flip the cheese once it has caught nice colour. As both sides have taken nice colour, your bread cheese is done. Serve warm cheese with cloudberry jam (and a cup of coffee). Use the whey as liquid when baking.

