

Elaine's Swedish Oatmeal Bread

from In Our Grandmothers' Kitchens, in memory of Elaine Ostergren

Ingredients:

2 cups raw oatmeal (Do not use instant or steel cut.)
boiling water just to cover the oats
3/4 cup maple syrup
2 tablespoons sugar plus 1 teaspoon later
2 teaspoons salt
1 tablespoon butter
2 teaspoons anise seed
1 egg, beaten
6 to 6-1/2 cups flour
1 package yeast

Instructions:

Cover the oatmeal (barely) with the boiling water. Add the syrup, 2 tablespoons of the sugar, the salt, the butter, the anise seed, and the egg. Add 2 cups of the flour and mix well. Soften the yeast in 1/2 cup warm water in which you have dissolved the remaining sugar, and add it to the other ingredients. Add enough of the remaining flour to make a dough that begins to hold together.

Knead for 5 to 10 minutes, until elastic. Place the dough in a greased bowl, and let it rise, covered with a damp towel, in a warm spot for 4 hours (less if using rapid-rise yeast). Punch down the dough, and shape it into 3 loaves. Place them in greased and floured loaf pans, and let them rise for another hour. Bake at 325 for 1 hour. Makes three loaves.