

Sunvil Supper Club

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October 2015 - Skåne Kavring Bread (Rye Bread)



Ingredients

7 tbsp natural yoghurt
450g dark baking syrup
1 tsp salt
4 tbsp coarse full grain rye flour
8 tbsp wheat flour
2.5 tbsp baking soda
2 tbsp ground anise seed
1 tbsp cinnamon
1 tbsp ground ginger

Method

Mix yoghurt, syrup, salt and rye flour in a large bowl. Mix the dry ingredients separately and then sift in to the yoghurt and syrup mix to avoid lumps. Mix well.

Place the mixture in to a greased bread tin. Bake at 180°C for 1 hour 10 minutes until the bread is nicely caramelized throughout. It should still have a lighter colour inside.

Brush the cut surface with melted butter and sugar and continue baking until a crunchy exterior begins to form.

Kavring bread goes extremely well with a mature cheese, such as Vasterbotten (similar to parmesan) or Allerrums Prast (creamy with a rich, strong flavour), or smoked salmon.

Despite the name and possibly even the bread, coming from Denmark, it has been baked in southern and western Sweden since the late Middle Ages.

Kavring is baked, sold and eaten all year round. But the bread is especially associated with Christmas and also offers the opportunity to experiment with flavours. A number of spices can be used such as cumin, anise or bitter orange.

Tip: If you want to make traditional bread, use Filmjolk, a sour Swedish yoghurt, as opposed to normal natural yoghurt.

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