

# PUMPERNICKEL BREAD

[ONE LARGE ROUND LOAF]

Baked with all dark grains, this pumpernickel bread, as delicious as it is, should not be undertaken by an amateur who could be discouraged by the difficult job of kneading a batch of sticky dough. This has no white flour, only rye (with no gluten) and whole wheat. It is a loaf for an advanced amateur, a baker who will tolerate the tedium of stickiness until, finally, the gluten forms and the dough kneads easily under the palms.

The loaves cut into dark brown, almost black slices of moist wheaty bread. Ideal for buffets, and sandwiches. Or served with sliced cheese—and a cold beer on the side. It is too heavy to toast, of course, but it freezes well.

## INGREDIENTS

- 1½ cups water
- ½ cup cornmeal
- ¾ cup molasses
- 1 tablespoon each: butter and salt
- 2 teaspoons sugar
- 1½ teaspoons caraway seed, pounded slightly
- ½ square unsweetened chocolate
- 1 package yeast
- ¼ cup warm water (105°–115°)
- 1 cup mashed potato (prepared from instant)
- 3 cups rye flour
- 1 cup whole wheat flour, approximately
- Glaze: 1 egg white mixed with 1 tablespoon cold water

## BAKING SHEET

One baking sheet, greased or Teflon.

## PREPARATION

25 mins.

Combine water and cornmeal in a medium saucepan and cook the mixture, stirring with a wooden spoon, until it is thickened. Remove from the heat and add molasses, butter, salt, sugar, caraway seed and choco-



late. Stir until it is well blended, pour into a large mixing bowl and set aside until it has cooled to warm (105°–115°).

Meanwhile, dissolve yeast in water. Add the yeast and potato to the mixture in the bowl. Blend well and stir in the rye flour and 1 cup whole wheat. The dough will be stiff and sticky.

**KNEADING**  
10–12 mins.

Turn the dough onto a work surface liberally sprinkled with whole wheat flour. Put a little vegetable shortening or oil on your fingers and hands before you start to knead. Keep the surface of the dough powdered with flour. Also have a scraper handy to remove the gummy film of dough that accumulates on the work surface.

(I find this heavy dough almost impossible to knead with a dough hook on an electric mixer. The dough just sets in the bowl while the rotating hook carves a big hole in the center.)

Be patient and presently the dough will respond and begin to clear the work surface, and your fingers. Knead until it is elastic, though stiff.

**FIRST RISING**  
1 hour

Place the dough in a greased bowl, cover with plastic wrap and put in a warm place (80°–85°). The dough will seem so heavy you may wonder how it could possibly rise. But it will and it will double in bulk.

**SHAPING**  
5 mins.

Punch down the dough, knead out the air bubbles for 30 seconds and form the dough into a round, smooth ball. It may be divided into half and formed into two smaller loaves if you wish. Place on the baking sheet dusted with cornmeal.

**SECOND RISING**  
50 mins.

Cover the loaves with wax paper and return to the warm draft-free place until they have doubled in bulk.

**BAKING**  
375°  
50 mins.

Preheat oven to 375°. Brush the loaves with egg white blended with water, and place in the oven. When tapping the bottom crust yields a hard and hollow sound, they are done. If not, return to the oven for an additional 10 minutes. If the loaves appear to be browning too quickly, cover with a piece of foil or brown sack paper.

**FINAL STEP**

Remove bread from the oven and place on a metal rack to cool. The bread will keep for several weeks, wrapped in foil or plastic.