

Emergency Bread



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Makes one small loaf

Prep time: 10min + rising time

Cook time: 30min

Total time: 40min

Difficulty: Basic

Category: Yeasted breads

Cuisine: Finnish

This Finnish bread is incredibly easy to make. In Finland it is also known as Hätäleipä (Hätä means emergency and leipä means bread). The process is as simple as mixing all the ingredients together in a bowl. The dough requires no kneading in the traditional sense of the word, and is finished in a matter of minutes, if you don't count the rising time. That's why they call it the emergency bread. Traditionally, you would use rye or spelt flour in this recipe, but I used buckwheat flour instead. The recipe was adapted from A Matter of Taste.

Ingredients

7g dry yeast
240ml lukewarm water
2 tablespoons honey
1 tablespoon olive oil
1 teaspoon salt
50g buckwheat flour
190g bread flour

Directions

In a large bowl, dissolve yeast and honey in lukewarm water. Let stand for 3-5 minutes, or until foamy. Stir in olive oil, salt and buckwheat flour. Stir in bread flour and then beat 50 times with a wooden spoon. Turn the dough onto the sheet covered with baking paper, spreading it into a round shape. The dough is very loose and sticky, so don't worry if it isn't the perfect round shape. Sprinkle with some bread flour and let it rise for 45 minutes.

Preheat the oven to 200°C. Bake the bread for 30 minutes, or until golden.