



24 portions of bread

**Step 1**

- ½ oz. (15 g) yeast
- 2 tbsp. granulated sugar
- ½ stick (50 g) butter
- 1 ¼ cup (250 ml) whole milk
- 3 tbsp. honey
- 1 tsp. whole aniseed
- 1 tsp. fennel seeds
- 2 tsp. salt
- 1 ½ cups (180 g) sifted rye flour
- 1 ½ cups (180 g) wheat flour

**Step 2**

- ¾ lb. (300 g) waxy potatoes, ideally Annika, boiled and pressed
- ¾ cup (90 g) sifted rye flour
- 2 ½ cups (300 g) wheat flour

**Step 1:** Crumble the yeast in a bowl and add the sugar. Melt the butter and pour in the milk, honey, spices, and salt. Heat to 100°F (37°C). Pour the liquid over the yeast and stir well. Add the rye flour and wheat flour. Stir together to form a sticky dough and leave covered with a tea towel at room temperature for around 1 ½ hours.

**Step 2:** Add the potatoes, rye flour, and wheat flour. Work them together quickly with a dough hook or by hand on a table to form the dough. Roll the dough into a fine roll. Divide the dough into 24 pieces and roll out each piece with a little extra flour into a “loaf” about 8 inches (20 cm) in diameter. Place greaseproof paper between each round and freeze or leave to rise for an hour before frying. If you’re going to pan-fry frozen bread, take it out of the freezer 2 hours before and let it come to room temperature.

Heat a frying pan to maximum heat. Fry the bread quickly in a dry pan for about 1 minute on each side. Serve the bread immediately, as it’s best when freshly baked.