

<b>LIMPA</b>	Limpa, which simply means loaf, is a bread derived from Vort Limpa in Sweden, which features a sweet mixture of rye malt, fennel, anise and orange peel.
Contributed by: Bobby Schaffer	

Total dough weight		5.232 kg
Ingredients	%	Kilograms
Total flour	100.00	2.472
Bread flour*	74.47	1.841
Rye flour	25.53	0.631
Water	71.87	1.777
Salt	2.30	0.057
Instant yeast	0.80	0.020
Rye malt extract	4.80	0.119
Molasses	11.11	0.275
Dried orange peel, ground	0.90	0.022
Anise seed, ground	0.80	0.020
Fennel seed, ground	0.80	0.020
Rye levain†	18.02	0.445
Orange zest, fresh	0.20	0.005
<b>Totals</b>	<b>211.61</b>	<b>5.232</b>

\*12% protein

†Composition: 100% rye flour, 100% water, 10% starter

**PROCESS**

<b>Mix</b>	Type of mixer	Spiral
	Mix style	Improved
	1 <sup>st</sup> speed	0:05
	2 <sup>nd</sup> speed	0:10
	Dough temperature	74°F
<b>Ferment</b>	Time/temperature	2:00 at 72°F
<b>Shape</b>	Divide	650 g
	Preshape	Cylinder
	Rest	0:20
	Shape	Bâtard
<b>Proof</b>	Time/temperature	12:00 at 40°F
<b>Bake</b>	Oven type	Deck
	Steam	5 sec
	Time/temperature	0:40 at 430°F
	Open damper	Last 0:10