

A large, rectangular loaf of buckwheat bread with lingonberries is shown on a metal tray. The bread has a golden-brown, textured crust with visible dark spots of lingonberries. The tray is set against a dark, reflective background.

Buckwheat bread with lingonberries

Ingredients

2 cups crushed buckwheat
3 tbsp chia seeds
2,5 cups boiling water
2,5 cups lingonberries (fresh or frozen)

Dough liquid

25 g yeast
3 cups finger-warm water (37 gr)
2-4 tbsp raw sugar or honey
2 tbsp olive oil

Dry ingredients

6 cups buckwheat flour
1,5 tbsp psyllium husk
1,5 teaspoons bread spices
2,5 teaspoons salt

Decoration:

Buckwheat flour, buckwheat flakes

How to make:

Put crushed buckwheat and chia seeds in a bowl.

Boil the water and pour over. Leave for 30 minutes.

Mix the dry ingredients in a mixing bowl. Turn the lingonberries into the buckwheat mix.

Crumble the yeast into a mixing bowl, pour over water, sweetening and oil. Stir until the yeast dissolves.

Add the buckwheat mix and the dry ingredients. Use an electric mixer.

Grease a 1 1/2 liter baking pan with oil and pour the batter. Top with some buckwheat flour + flakes. Let it rise for 45 minutes.

Then bake in the lower part of the oven for 45 minutes.