

RECIPE CARD

Iceland: Leaf Bread (Laufabrað)

Traditionally eaten with smoked leg of lamb (hangikjot) during the holidays, this cracker-like dish is thin dough intricately cut into delicate patterns and deep-fried to golden perfection.

INGREDIENTS:

- 2 ¼ cups all-purpose flour**
- 1 ½ cups whole-meal flour**
- 1 ½ tbsp sugar**
- 1 tsp salt**
- 1 ¼ tsp baking powder**
- 3 tbsp butter**
- 10 oz whole milk**
- 1 tsp caraway seeds (optional)**
- Oil for cooking**

DIRECTIONS:

Combine milk and butter (and optionally, caraway) in a pot and bring up to simmering, but do not let it boil. Once melted and combined, let it cool to 98°F. Sieve out the dry ingredients and combine it with the butter/milk mixture, then knead until soft (8-10 minutes). The dough should be damp, but not so sticky that it sticks to your hands.

Split the dough in half, then split each part into about 10 pieces (20 portions total). Put a bit of flour on your workspace. Take the first portion and roll it out as thin as you can. It's said it should be thin enough to read a newspaper through!

Once you've made it thin enough, lay a small plate face down and cut along the edges to form a circle, then stack them to one side.

Start heating up the oil – you'll need it around 355°F.

Begin cutting out unique shapes like the designs distinct to the Icelandic leaf bread. Use a glass of water and wet your finger to seal the cutouts. (Tip: Google "Icelandic leaf bread for design ideas!")

Once your oil has reached the correct temperature, drop in each disk carefully and maneuver while making sure they remain flat. They take 1-2 minutes on each side. Remove, let cool, and serve!