

## **GEYSER BREAD (*Rúgbrauð*)** **Adventures by Disney - Iceland**

*During Adventures by Disney Iceland itinerary, adventurers learn to prepare Geyser Bread or Rúgbrauð, an iconic Icelandic dark rye bread cooked by placing the dough into covered pots and sinking them into geothermal springs. The steam from the springs does the baking and the result is a dense, almost cake-like bread that tastes a bit like caramel. As most of us don't have geothermal springs in our backyards, one of the Icelandic Adventure Guides shared a recipe hack to prepare this doughy goodness at home.*

Makes one 8 1/2 x 4 1/2-inch loaf

### **GEYSER BREAD**

1 cup rye flour  
1 cup whole wheat flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/8 teaspoon salt  
1 1/4 cups buttermilk  
5 tablespoons golden syrup

### **OPTIONAL ACCOMPANIMENTS**

Butter  
Cheese  
Pâte  
Pickled herring  
Gravlax

1. Preheat oven to 350°F. Line 8 1/2 x 4 1/2-inch loaf pan with parchment paper and spray with non-stick cooking spray. Set aside.
2. Combine rye flour, whole wheat flour, baking powder, baking soda, salt, buttermilk, and golden syrup in large bowl. Stir until completely

*This recipe has been converted from a larger quantity in the restaurant kitchens. The flavor profile may vary from the restaurant's version. As a reminder, while preparing this recipe, please supervise children who are helping or nearby.*

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incorporated.

3. Pour into prepared loaf pan and smooth evenly with spatula.
4. Fold piece of aluminum foil in half and open to make a tent. Place on top of loaf pan, leaving 4 inches for bread to rise, and tuck ends onto the side.
5. Place in oven. Reduce heat to 225°F. Bake for 7 hours. Cool before cutting.
6. Serve with butter, cheese, pâté, pickled herring, or gravlax.

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