Anna's Bread Soup (sweet)

Ingredients:

mandatory

0,5 - 1 rúgbrauð (rye bread; can be old and / or dry)
2 tbl spoon flour
1 tbl spoon butter / oil
ca. 1 cup milk

optional

2 tee spoons lemon juice
1 - 2 hands full of raisins or dates (if dates, chopped in small pieces)
sugar

cream
súrmjólk (sour milk)
plain joghurt

- [x] VEGETARIAN
- [ ] VEGAN
- [x] Iceland
- [ ] GLUTEN FREE
- [ ] LACTOSE FREE
- [x] NUTS FREE
- [x] SOY FREE

How to prepare:

Crumble rúgbrauð into pieces. Heat butter / oil in a pan. When melted, add flour. Stirr well with a whisk. Add ca. 0,5 cup of water while constantly stirring until flour is well mixed with the liquid. Continue in the same way with milk and another 2-3 cups of water. Add crumbled rúgbrauð (and optional lemon juice and raisins / dates). Let simmer until bread crumbs fall apart. Optionally spice with sugar, according to taste.
Serves very well with joghurt / (whipped) cream / súrmjólk as a topping.

Notes:

If you want to make this dish vegan, leave milk out and use oil instead of butter. Be aware though that traditional Icelandic rúgbrauð contains dairy products. You would need to use dairy free (dark-ish) bread instead.