



Real NY Jewish Rye Bread

Jacob · 28/09/2024



Prep Time

2 hrs 30 mins

Dificult

Medium

Servings

3 hrs 25 mins

Description

This rye bread is so delicious youll want to make extra to share with your family friends and neighbors Having lived in Northwest Connecticut for over 35 years in close proximity to NYC with its great Jewish delis baking some of the finest rye bread going I snagged this recipe from a friend Hope you like it

Ingredients

— - 2 cups unbleached bread flour (such as King Arthur®) - 1 cup dark rye flour - 3 tablespoons dry potato flakes - 2 tablespoons caraway seeds - 1 ½ tablespoons demerara sugar - 2 ½ teaspoons instant yeast - 1 ½ teaspoons sea salt - 1 cup warm water - ¼ cup canola oil - ¼ cup sour pickle juice

Instructions

1. Gather the ingredients. Place bread flour
2. rye flour
3. potato flakes
4. caraway seeds
5. demerara sugar
6. yeast
7. and sea salt in the bowl of a large stand mixer fitted with the paddle attachment. Turn mixer to low and thoroughly mix dry ingredients. Beat warm water
8. canola oil
9. and pickle juice into dry ingredients. Switch to the dough hook attachment and beat until dough is rough and shaggy-looking. Cover bowl with plastic wrap and let rest for exactly 30 minutes. Remove plastic wrap and knead with the dough hook until smooth
10. firm
11. and only slightly sticky
12. 6 to 8 minutes. Turn dough onto a floured work surface and knead until smooth
13. 1 to 2 more minutes. Form dough into a ball. Lightly oil a large bowl
14. place the dough in the bowl and turn to coat. Cover the bowl with plastic wrap
15. set into a warm place
16. and let rise until nearly double
17. about 1 hour. Grease a 5x9-inch loaf pan. Turn dough onto a lightly oiled surface
18. shape into a log
19. and place into the prepared loaf pan. Cover with a cloth kitchen towel and let rise until top of dough has risen slightly over the top of the pan
20. 60 to 90 minutes. Place rack in the middle of the oven; preheat the oven to 350 degrees F (175 degrees C). Bake loaf in preheated oven until golden brown and cooked through
21. about 35 minutes. The internal temperature of the bread should be 190 degrees F (90 degrees C). If loaf browns too quickly
22. cover loosely with a tent of aluminum foil with the shiny side out. Remove loaf from the pan and cool on a wire rack.