



Authentic German Bread Bauernbrot

Jacob · 28/09/2024



Prep Time

2 days

Difficult

Medium

Servings

2 days 5 hrs

Description

Here is a great recipe for authentic German Sourdough Bread This bread tastes almost exactly like the bread we buy back home in Bavaria Germany There to this day they bake their bread in a very old stone oven in the middle of a small village once every 2 weeks They bake a whole bunch at once and then you can buy it and freeze extras until the next baking day Its the best German bread I know

Ingredients

- - 1 ½ ounces compressed fresh yeast - 1 quart warm water - 2 tablespoons white sugar - 8 cups all-purpose flour
- divided - 8 cups white rye flour - 2 tablespoons salt - 1 teaspoon white sugar - 2 cups warm water

Instructions

1. First
2. make the sourdough starter. Crumble the yeast into a large bowl. Whisk in 1 quart of warm water and 2 tablespoons of sugar until dissolved. The water should be just slightly warmer than body temperature. Gradually whisk in 4 cups of flour
3. continuing to mix until all lumps are gone. Cover with a dish towel
4. and let sit for 24 hours at room temperature. After 24 hours
5. stir well
6. cover
7. and let stand another 24 hours. It will be a thin
8. light-colored sourdough which is then ready to use. In a large bowl
9. stir together the rye flour
10. remaining 4 cups of all-purpose flour
11. salt and sugar. Mix in the sourdough starter using a wooden spoon
12. then stir in 2 cups of warm water. I transfer the dough to a heavy-duty stand mixer to mix the first couple of minutes
13. then it can't handle the heavy dough and I start using my hands by turning the dough out onto a floured surface. A clean countertop works best. Knead the dough
14. adding a few tablespoons of water at a time if it is too stiff. Fold the dough over
15. pull it apart
16. whatever you can do to get it kneaded up good. Total kneading time should be 15 to 20 minutes to get a smooth dough. Place the dough in a large bowl
17. cover
18. and let rise until doubled
19. 1 to 2 hours. When the dough has risen
20. scrape it out of the bowl and back onto a floured surface. Knead for about 5 minutes. This is important to activate the gluten. Shape into 1 or 2 long loaves. Place on baking sheets
21. and let rise for about 1 hour
22. or until your finger leaves an impression when you poke the bread gently. Preheat the oven to 425 degrees F (220 degrees C). Bake the bread for about 45 minutes for 2 loaves
23. 1 1/2 hours if you made one big loaf. Don't worry if the crust is dark. The bread will be delicious and so will the crust. Cool completely before cutting. I always freeze half. Notes If you want to make extra starter for the next time
24. simply add 2 cups of all-purpose flour and 2 cups water to the sourdough starter on the second day
25. and whisk smooth. Then let stand at room temperature for 24 hours before next use. Use half
26. and save the other half for the next time. Let stand for 24 hours
27. stirring once before using. If freezing
28. use within 2 weeks. Humidity and heat play a big role in making this bread. It may not work well if it is to humid and hot outside. In this case I recommend that you make the bread starting at 5am.