



Sourdough Rye

Jacob · 28/09/2024



Prep Time

1 day 30 mins

Difficult

Medium

Servings

1 day 1 hr 40 mins

Description

This sourdough rye bread takes a bit of time but your effort is repaid with two chewy flavorful loaves

Ingredients

— - 1 cup sourdough starter - 1 cup rye flour - ½ cup bread flour - ? cup water - ¼ cup water - 1 cup rye flour - 1 cup bread flour - ½ tablespoon salt (Optional) - 1 tablespoon white sugar - 1 tablespoon olive oil - 1 tablespoon caraway seed - ½ cup water (Optional) - 1 teaspoon salt (Optional)

Instructions

1. The night before you want to bake the bread
2. feed your active sourdough starter with 1 cup rye flour
3. 1/2 cup bread flour
4. and 2/3 cup water. Mix until fully combined
5. cover
6. and let stand at room temperature overnight. The next morning
7. mix together the expanded starter and 1/4 cup water. Stir in 1 cup rye flour
8. 1 cup bread flour
9. salt
10. sugar
11. olive oil
12. and caraway seeds. Turn dough out onto a lightly floured surface
13. and knead until satiny. Place in a well-oiled bowl
14. and turn once to oil the surface. Cover with a damp cloth. Allow it to rise in a warm spot until doubled. Punch down dough
15. and shape into loaves. Place on a greased baking sheet or in greased loaf pans. Allow them to rise until doubled in bulk. Preheat the oven to 350 degrees F (175 degrees C). Score the tops of the loaves with a serrated knife. Bake in the preheated oven until the crust turns a deep brown and loaves sound hollow when tapped on the bottom
16. about 40 minutes. Alternate baking method for chewier
17. salty crust: Bake 20 minutes at 350 degrees F (175 degrees C). In a small bowl
18. mix together 1/2 cup water and 1 teaspoon salt. Remove loaves from the oven and brush crust with salt water. Continue baking for 25 minutes more
19. brushing at 10-minute intervals.