

Sour Rye



This is a wonderful Rye Bread with terrific flavor and is an easy dough to handle. This recipe makes one large three pound loaf.

Around 2:00 pm add to your mixer:

Ingredient	Volume 1 Loaf	Standard 1 Loaf	Metric 1 Loaf	Bakers %
Sourdough Starter	1 ½ cups	13.5 oz	382 g	46.7 %
Water	¾ cup	6 oz	170 g	20.7 %
Strong Coffee	½ cup	4 oz	113 g	13.8 %
Molasses	2 TBSP	1.5 oz	42 g	5.2 %
Oil	1 ½ TBSP	.7 oz	21 g	2.6 %
Rye Flour	1 cup	3.6 oz	102 g	12.4 %
Bread Flour	4.5 cups	1 lbs 4.2 oz	574 g	70 %
Onion Powder	1.5 teasp			
Onion Flakes	1 TBSP			
Caraway Seeds	1 TBSP			
Salt (add after autolyse)	1 TBSP	.6 oz	17 g	2.0 %

Total Dough Weight	3 lb 2.2 oz	3 lb 2.2 oz	1423 g	173.6%
Total Flour Weight	1 lb 12.9 oz	1 lb 12.9 oz	820 g	100.0 %
Total Water Weight (hydration)	1 lb 2.7 oz	1 lb 2.7 oz	530 g	64.7%

Mix together on medium speed all ingredients except salt, just until incorporated, this takes about three to four minutes. Then allow the dough to autolyse (rest) for 20 minutes.

After autolysis, add the salt and mix dough on low speed for one more minute. Now let the dough bulk ferment (which means the first rise) for about 4 hours. After bulk fermentation, pour the dough onto a lightly floured surface and knead a couple of times, then gather into a ball. Let the dough rest for five minutes.

Shape into a boule and place in round Semolina or Rye floured banneton and cover with a plastic bag. Refrigerate the dough overnight. In the morning take out the dough. Allow the dough to proof for one to two hours or until done proofing. Preheat oven to 450F/232.2C degrees. When ready to bake, turn your dough out onto a peel.

Then slash the dough while still on the peel, slide into the hot preheated 450F/232.2C degree oven onto a hot baking stone, spray the dough once with water quickly, and then cover with a roasting lid which has also been preheated in the oven.

Bake for 20 minutes. After 20minutes, take off the roasting lid and turn down the oven to 400F/204.4C degrees. Continue baking for 18 - 25 more minutes or until your bread thermometer reads 200-205F/93-96C. Turn the loaf halfway through the last baking period for even browning. Cool. For the next loaf, turn the oven back up and put the roasting lid back in to preheat for five - ten minutes or until the loaf is ready to go in.

Cool your Sour Rye completely before slicing. Rye bread is better the next day.
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