

Rye bread recipe

0. Sour dough recipe

Ingredients:

- 2 spoons white flour
- 1 spoon rye flour
- 5 spoons water

Mix all the things well. If the dough is too thick then add more water.

The appearance should be like oatmeal.

Leave it in the fridge for 2-3 days until you see that bubbles have appeared. Then it is ready for use.

When you use it, take only half of the content. When the bread dough is finished, you then take some of that dough and put that back to the rest of the sour dough. Then put it back in the fridge and it is ready for next time.

To keep the sour dough alive you need to use it and feed it at least ones every 2 weeks. If it starts to smell like acetone then it is too old and cannot be used.

1. Rye bread starter dough

Ingredients:

- 2 spoons of sour dough
- 7,5 deciliter water
- 3 tea spoons salt
- 375 gram white flour
- 175 gram rye grain
- 200 gram rye flour

Mix all the ingredients well. Leave in room temp. in a bowl with a lid for ca. 24 hours. I use a Tupperware bowl.

When you see bubbles on the surface, it is ready. If you want a more sour bread, you can leave it for longer. As long as it smells good and fresh and has bubbles, it is fine to use

2. Rye bread dough

Ingredients:

- Starter dough
- 3-4 deciliter water
- 400 gram rye flour

Mix really well. It takes time to get all the rye flour absorbed.

Take 2 spoons of the dough and feed it to your sour dough.

Pour the rye bread dough into a big bread sized form (Fx the Focus Foodservice Commercial Bakeware 16 by 4-Inch Single Pullman 2-Pound Bread Pan - From Amazon) and flatten the surface with a wet spoon.

Let it rise in room temp. to the edge of the form. It can take 2-3 hours.

Make ca. 30 holes with a wet wooden stick all the way to the bottom. To prevent the top from falling off when you cut it later.

Bake the bread for 1 hour and 15 min on 200 dgr celcius.

Let the bread cool off for 3 hours before you cut it. Else it would be impossible to cut it into slices.

Enjoy! 😊