



## Paul's Bread Pages

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### Rye Bread

Traditional rye bread is made with a mixture of rye flour and strong wheat flour. The main problem with rye is the lack of gluten, which prevents the dough from rising fully. By using a mixed grain, the bread will rise well. The bread is also made with a sourdough starter which gives it a distinct taste. This is not essential if you dislike sour bread.

**450g** strong white flour (or wholemeal, or white and wholemeal mix)  
**150g** of rye flour (about 1:3 ratio with wheat flour)  
1 sachet of dried yeast (**6g**) - a small amount of sugar - salt if required  
**350ml** warm water (half boiling & half tap water)

Traditionally, rye bread does not contain oil. The sugar will start the yeast quickly and not affect the taste. I do not add salt, but a good pinch is traditional to the authentic taste.

**Sourdough starter** - Mix 100g of strong white flour and some dried yeast with warm water and knead to a doughy consistence. Leave overnight and use to incorporate into the bread dough the next day. This is what gives the bread its sour taste.

#### Standard recipe

1. Mix the wheat flour, rye flour and yeast (+ sugar & salt) in a large mixing bowl using a large whisk to distribute ingredients evenly.
2. Add most of the water to a well in the centre of the mix and stir into a dough using a wooden spoon. (incorporate the sourdough starter here if used) Add a little more water if required.
3. Knead the dough and sprinkle with flour. Leave for 1 hour.
4. Knock down the dough and knead again for a few minutes. Leave for a further hour. Rye bread always has two risings before the final kneading to refine the texture.
5. Knead for a few minutes and shape into a long loaf shape on a baking tray (or put in a loaf tin). Make a deep knife cut along the length of the bread and push the sides down to open the cut. Sprinkle with rye flour.
6. After the bread has risen, bake in a hot oven 220°C for 15 minutes then turn the heat down to 170°C for a further 25 minutes.
7. Cool for at least 2 hours before eating. Rye bread will freeze and can be defrosted overnight. The fresh bread will remain moist for longer than a white loaf.

For a variation, add 80g of golden syrup, black treacle or honey to the hot water before adding cold water. This makes a sweet rye loaf. Varnish the crust of the bread with a potato flour or rice flour mixed in hot water.

Note: *Avoid heating Teflon coated baking trays above 200°C.*