

Rye bread



PREPARATION:
APPROX. 90 MINUTES



BAKING TIME:
APPROX. 33 MINUTES



INGREDIENTS:

150 g rye flour type 1
350 g soft wheat flour type 00, no. 6
15 g yeast
375 g water
2 TL salt

PREPARATION:

Mix all the ingredients until achieving a homogeneous dough (approx. 12 minutes). Add the salt only 2 min. before the end. Cover with a cloth and let it rise for about 30 min. in a warm place.

On a floured work surface, bring the soft dough into the desired shape and place it in one large or two small loaf pans. Cover the dough and let it rise in a warm place for approx. 45 min. until it has doubled in size.

Bake in the preheated oven at 200°C (upper and lower heat) for approx. 8 min. Reduce the temperature to 190°C and bake for another 25 minutes.