



SOURDOUGH RYE BREAD

Ingredients

- 430 g (0.95 lb) Rye Flour
- 80 g (0.18 lb) Sourdough Starter
- 300 g (0.66 lb) Water
- 8 g (0.018 lb) Salt

MAKES 1 LOAF

Directions

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066 lb)** of *Mature Starter*, **40 g (0.09 lb)** of *Rye Flour* and **40 g (0.09 lb)** of *water*.
2. In a large bowl *mix all Rye Flour & Water* by hand until all flour has been incorporated into the dough. Cover with a *damp cloth* and leave to rest for **30 minutes** to perform an *autolyse*.
3. Once the rest is complete, add all of the remaining two ingredients: ***Salt & your Sourdough Starter***. Again, mix by hand until all ingredients have been fully incorporated.

Directions Continued

4. Take the dough out of its bowl and using a ***floured hand*** (cake wheat flour), flatten the top. Flour your hand once again and begin ***shaping*** the dough into a ***boule***. Insert an ***untextured dry cloth*** into a bowl and flour generously with Cake Wheat. Using a ***spatula or bench scraper*** detach the dough from your work surface and place it ***flour side down*** into your bowl. Cover with a ***damp cloth*** and let it rest at room temperature for ***3 hours***, then place it in ***the fridge overnight***.

5. Preheat your oven to ***260°C (500°F)*** & place a pan of water into the ***bottom tray***. Dump your dough into a generously floured pot and score your loaf. Cover your pot with a lid and insert it into the oven (once preheated). ***Bake for 20 minutes*** then remove the lid as well as the water pan before baking for an ***additional 25 minutes at 240°C (464°F)***.

ENJOY!