

Organic Dark Rye Bread

yield: 2 loaves



Refresh Starter

500g Organic Stoneground Whole Rye Flour

500ml Water (room temp)

1/2 cup Rye Sourdough Starter*

Mix thoroughly in a bowl with wooden spoon, then reserve

1/2 cup starter for the next batch. Cover, let ferment at room temp 4-8 hours.

Dough

125g Organic Rolled Oats

100g Organic Sunflower Seeds (shelled) optional

250ml Boiling Water

Mix, let sit 10 minutes. Then add:

300ml Cold Water

Rye Starter (from above)

1Tbl Sea Salt

Mix with wooden spoon, adding:

600-700g Organic Stoneground Whole Rye Flour

Knead for 5 min in the bowl (this is a very sticky porridge-like dough, unlike wheat-based doughs). Cover, let ferment at room temp 4 hours.

* Rye Sourdough Starter

Get a sourdough culture from a friend, your favourite baker, or email us at farm@woodgrain.ca

After refreshing, let ferment at room temp for 4 hours, then store in the fridge until next use.

1 part flour:1 part water by weight

Loaves

Oil two standard loaf pans. With wet hands divide the dough in two, carefully shape into loaves and put in pans (this is a difficult dough to work with).

Smooth the top with wet hands, sprinkle on sunflower seeds if desired. Let rise 1-2 hours (the loaves will not visibly expand much, but will appear puffy on top). Preheat oven well to 450° , put in loaves and reduce heat to 380° .

Bake 2 hours.

Remove from pans, let cool completely on wire rack, then put in a sealed container or bag for 24 hours before slicing.