





Rye/wheat bread

 2 h (plus a 18-24 h resting period)

 1.5 h,  230 C/450 F 

 1 loaf

 Markus Eger, Adapted from a recipe by Cafe-Bäckerei Burger, Großwelkersdorf, Austria

This recipe gives rye bread that is very close to what I am used to from Austria. It's decidedly less sweet and more hearty than typical US breads. I like adding 1-2 tbsp of caraway seeds to give it an even heartier flavor, but other seeds, such as sunflower or sesame, are good additions as well. For example, for the bread in the pictures above, I sprinkled sesame seeds over the loaf before baking it.

While the actual time working on the bread is not too bad, it does need several resting periods, so plan ahead accordingly. When starting from scratch, i.e. by preparing the sourdough starter beforehand, the bread will be ready 4 days after starting. I'll describe how to make the sourdough starter and how to take care of it below.

Preparation

- 1 Combine the sourdough starter with 50 g rye flour and 50 ml water, cover with a kitchen towel and let rest at room temperature for 18-24 h
- 2 Combine the rest of the rye flour with the wheat flour
- 3 Dissolve yeast in the rest of the water and add it, together with the salt and sourdough mixture to the flour, kneading until combined. At this point, the dough should have the appropriate consistency. Add flour and water as needed until it stays in a ball by itself, i.e. it does not crumble apart or is too viscous to be shaped.
- 4 Poke the dough a few times with a fork, cover with a kitchen towel and let rest for 45 min

Ingredients

- 50 g Sourdough starter (see below)
- 250 g Rye flour
- 150 g All purpose flour
- 300 ml Warm water
- 10 g Yeast
- 10 g Salt
- Caraway seeds to taste (optional)




- 5 Knead dough again, put onto a sheet pan, form a loaf and let rest for another 30 min
- 6 While the dough rests, preheat the oven to 230 C/450 F, putting a (heat-resistant) bowl of water onto the floor
- 7 Bake the loaf for 15 min (careful with the steam when opening the oven door)
- 8 Remove water bowl, bake bread for another 30-45 min at a lower temperature of 200 C/400F
- 9 Remove the loaf from the oven, let it cool down a bit and enjoy!

Hint

If you don't have a kitchen scale, 100 g flour equals about 1 US cup.

Sourdough starter

 1 h (plus 3 days resting period)

 Markus Eger, Adapted from a recipe by Cafe-Bäckerei Burger, Großwelkersdorf, Austria

Sourdough needs three ingredients: flour, water and time. Mixing the flour and water and letting at rest at a warm temperature will cause the naturally occurring yeast to feast on the the starch in the flour and produce, among other things, CO₂, causing bubbles in the dough. Sourdough also provides, as the name implies, a slightly sour taste in the bread. This recipe will produce a bit less than 400 g of sourdough starter. To use it for the bread recipe described above, simply use part of that and store the rest in a mason jar in the fridge, feeding it regularly as described below.

The sourdough should be fairly liquid, about the same consistency as waffle dough when made. It will become more liquid while resting, as well. You should also notice a sour/beery smell eventually, although this may not be noticeable until the last day. Any “bad” smell before it is not a sign of something going wrong, but when mold starts to form it is time to start over.

Preparation

- 1 Mix 50 g rye flour and 50 ml water in a bowl. Cover with a kitchen towel and let rest at room temperature for 24 h
- 2 Add another 50 g rye flour and 50 ml. Cover again and let rest at room temperature for 24 h
- 3 Add the remaining 100 g rye flour and 100 ml. Cover once more and let rest at room temperature for 24 h
- 4 You now have a sourdough starter

Ingredients

200 g	Rye flour
200 ml	Warm water

Taking care of your sourdough

After you take the necessary sourdough starter for the bread recipe, the rest can be stored in the fridge. Every 7-14 days, though, it will need refreshment. To do this, take about 10-20 g of the sourdough starter, mix it in a bowl with 50 g rye flour and 50 ml of warm water, cover with a kitchen towel and let rest at room temperature for 6-9 h. The rest of the sourdough starter can be discarded and replaced with this refreshed one, storing it in the mason jar in the fridge again. When baking a bread, the sourdough that would be discarded can be used in the bread recipe instead. Basically, if you were to bake bread about every 7-14 days you would take the starter from the fridge, take 10-20 g of it to create the new starter and use as much of the rest as necessary in your recipe.

Hint

I use Red Mill Organic whole grain rye flour for my sourdough, and it is working wonderfully. More processed flour is likely to have fewer nutrients and microorganisms and may not

Version History

- v1.0, 3/3/2018: Initial version with rye/wheat bread and sourdough starter recipes