

Rye Bread

A flavorful rye bread for sandwiches or serving alongside soup!

Yield:

1 loaf

Ingredients:

1 1/4 cups warm water

1 tablespoon oil

1 tablespoon honey

1 1/4 teaspoons salt

2 tablespoons brown sugar

1/8 teaspoon ground ginger

pinch of citric acid or 2 tablespoons orange juice, optional

2 tablespoons caraway seeds

2 teaspoons granulated lecithin*, optional

1.5 to 2.5 cups rye flour**

1/2 to 1.5 cups wheat flour (bread flour or all-purpose flour)** (about 3 cups total of wheat + rye flour)

2-6 tablespoons vital wheat gluten/gluten flour**, optional

1 tablespoon instant active dry yeast

Instructions:

1.

If using a bread machine, add ingredients in order listed and begin the

dough cycle. When dough cycle is complete, go to step 2.

If mixing dough by hand, combine first 9 ingredients in a large mixing bowl and stir.

Decide on the flour ratio you wish to use and add the rye flour, gluten flour, yeast, and part of the wheat flour.

Stir until mixture is thick; start kneading and add enough of the

remaining all-purpose flour to make a smooth dough. Knead for 10-15 minutes, until dough is elastic.

Cover and let rise in a warm place until doubled in size (about an hour). I usually turn the oven on warm for a minute or two, turn it off, and set the dough in there to rise.

2. Grease a baking pan: you can use a regular loaf pan, a round pan (8-9" diameter), or a baking sheet. Gently deflate dough. Form dough to fit your pan: make a loaf for a loaf pan, a round "patty" for a round cake pan, or a longer "log" for a baking sheet.

3. Gently grease the top of the loaf of dough, cover, and let rise in a warm place until almost doubled in size, about 30-45 minutes.

4. Pre-heat oven to 375 degrees. Bake loaf for 30 minutes. (Slightly longer for a round loaf; slightly less for a longer thinner loaf.) If loaf is browning too quickly, cover loosely with foil after about 20-25 minutes of baking.

5. Remove hot loaf from pan and cover with a clean towel until cool. Slice and enjoy!

Bread can be frozen in a Ziplock bag and thawed later (thaw on counter in unopened bag).





Here is a plate with my regular 100% whole wheat bread (left) made with hard white wheat flour, and slices of this rye recipe (right) made with 2.5 cups rye flour and 1/2 cup whole wheat bread flour per loaf. Additional Notes:

*Optional, but does make a better texture and softness.

**If you want a stronger rye flavor, use 2.5 cups of rye flour and 1/2 cup wheat flour. Be sure to add the 6 tablespoons of gluten flour if you use that much rye flour, though! You should end up using about 3 cups total flour (wheat + rye).

For a lighter rye bread, use 1.5 cups of rye flour and 1.5 cups of all-purpose or bread flour. Adding 2 tablespoons of gluten will make the dough more elastic and more like a sandwich bread.



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This recipe is from Tammy's Recipes.