

# Sourdough Rye Bread

*from the Sourdough Simpleton*

*Marc Leavey*

Watch the video at: <https://youtu.be/kLxr7aQdWJk>

## Ingredients:

### Step 1

- 224 g Active 100% hydration starter
- 375 ml Filtered water at about 100°F
- 145 g Stone ground rye flour (light or dark per your preference)
- 140 g Bread flour

### Step 2

- 210 g Bread flour (plus up to 35 g more as needed)
- 12 g Non-iodized salt
- 2 tsp Honey

### Step 7

- 1 tbsp Caraway seeds (optional)

### Step 8

- White of one egg
- One teaspoon of water

## Instructions:

### Step 0

This recipe needs a fully active starter at 100% hydration. If you have any doubts about your starter, or just to be sure, a few hours before you plan to start making the bread, take about 100 g of your starter, add 100 g of all purpose unbleached flour and 100 g of filtered water and let it sit and rise until doubled in volume. Stir that down and use 224 g of this activated starter for the recipe.

### Step 1

Combine the starter, water, rye flour and bread flour from the Step 1 list in a mixer bowl. Use the paddle to mix together for 3 to 5 minutes, until it forms a thick batter. Cover the bowl with plastic wrap, and allow to autolyse for about 45 minutes.

### Step 2

Back on the mixer, with the dough hook replacing the paddle, add the flour, salt, and honey from the Step 2 list and mix until the dough comes together in a ball around the dough hook, and substantially clears the sides. If it is not coming together, add the extra flour in tablespoon increments until the dough is not too tacky and comes together in a nice dough. Continue to knead the dough once together for another three minutes or so.

### Step 3

Take the dough out of the bowl, onto a lightly floured surface and knead by hand into a nice ball. Put the ball into a bowl lightly oiled with vegetable cooking spray, cover with plastic wrap, and allow to rise at about a 75°F temperature for 30 minutes.

### Step 4

Uncover the bowl and do a book fold on four sides, turn the dough over, cover it again with plastic wrap, and allow it to rest and proof for an hour. After that time, do another book fold, as before, cover and rest for an hour. After that time, do a third book fold, cover and rest for an hour.

### Step 5

Check the dough, it should be light and soft, and you may be able to create a “windowpane” with the dough, showing that it is ready for the next step. If not, give it another fold and another hour to sit. If it is ready, put it in the refrigerator overnight, covered with plastic wrap, to bulk ferment and develop more flavor.

### Step 6

If you are going to bake the bread on a pizza / baking stone, put it in the oven in the morning as you start the next step to preheat. Set the oven to 425°F. If you are using a baking sheet, you can delay this until about 30 minutes before the proof stage is finished.

### Step 7

In the morning, after spending the night in the refrigerator, remove the dough and put on a floured surface. If you want to add caraway seeds, roll the dough in a tablespoon of seeds, to your taste, and knead them into the dough to distribute them throughout. Form the dough into a batard shape (oval shape) and put into a floured lined banneton basket to rise. Cover the top of the banneton with a wet cloth. If you don't have a banneton, just cover the dough with a wet cloth and allow it to rise. It should take about 90 minutes to complete the second proof. As other breads, when you poke the loaf, if it springs back slowly, it is ready to bake.

### Step 8

Removed the dough from the banneton by inverting the basket onto a pizza peel, covered with a layer of parchment paper. Use a lame to make several gashes in the top of the loaf. Combine the egg white and water to create an egg wash to cover the bread completely. If you have seeded the bread, you can sprinkle a few caraway seeds on top at this time.

### Step 9

Slide the bread and parchment paper onto the pizza stone, bake for about 35 minutes. Check the internal temperature of the loaf before removing, it should be about 195°F when done.

### Step 10

Allow to cool completely on a wire rack before slicing. Then slice and enjoy!