Ingredients

Levain

150 g rye flour 150 g water 20 g rye sourdough starter

Dough

- 300 grams rye levain
- 300 grams bread flour
- 170 grams water
- 12 grams (2 tsp) salt
- 1 1/2 tsp caraway seeds

Directions

Levain

- 1. Mix the rye starter, rye flour and water.
- 2. Cover and let rise overnight

Dough

- 1. In the morning, add the wheat flour, wheat bread flour, salt, and caraway seeds. Mix thoroughly for 5 minutes.
- 2. Cover and let rise for about 3 hours.
- 3. Divide the dough into two pieces, shaping into long oval loaves, and place in oval brotforms.
- 4. Cover and let rise again for about an hour.
- 5. While loaves are rising, heat oven to 500° F., with cast iron skillet on bottom of oven and large baking sheet on lower rack.
- 6. Place loaves on heated baking sheet, pour 1 cup of water to heated skillet to create steam, and bake for 10 minutes.
- 7. Reduce oven temperature to 390° F and bake for another 40-50 minutes.