

Sourdough Rye

Ingredients

- 20g ripe sourdough starter (for sour)
- 152g rye flour (for sour)
- 114g water (for sour)
- 128g rye flour
- 150g bread or all-purpose flour
- 170g room-temperature water
- 1 teaspoon active dry yeast
- 1 1/2 teaspoons salt

Directions

Sour

1. Mix sourdough starter, 152 grams rye flour, and 114 grams water.
2. Cover and let sit for 14 to 16 hours at room temperature.

Dough

1. Add the remaining ingredients to the bowl. Using the dough hook, mix and knead for 3 minutes on first speed, and about 2 minutes on second speed; the dough will be shaggy, and won't look kneaded.
2. Cover the dough and let it rest for 30 to 45 minutes; it won't rise significantly.
3. Gently deflate the dough, shape it into a ball, and place it into a stoneware bread-baking bowl, or onto a parchment-lined or lightly greased baking sheet.
4. Cover the loaf and let it rise for 50 to 60 minutes in a warm place.

Baking

1. Preheat the oven to 450°F.
2. Uncover the loaf, and slash a cross onto the top, to allow for expansion.
3. Bake the bread for 15 minutes, then lower the oven temperature to 425°F, and continue baking for 20 to 30 minutes, until the loaf's surface is golden brown.
4. Remove the bread from the oven and, after 5 minutes, transfer it to a rack to cool completely. The baked bread should rest for 24 hours before slicing, for best quality.
5. Store bread at room temperature, loosely wrapped, for up to 5 days or so; freeze for longer storage.