

Finnish Rye

	Calculation
Dough Weight	10

*Volume column makes 3 loaves of bread

Wheat Soaker

Bakers %	Ingredients	Kilogram	U.S. Decimal	Pounds & Ounces	Volume
100.00	Cracked wheat	0.753	1.661	1 10 2/4	1 cup
100.00	Water	0.753	1.661	1 10 2/4	1/2 cup
200.00	Total	1.507	3.321	3 5 1/4	1 1/2 cup

Process, soaker:

Mix all ingredients until well incorporated, cover and set aside.
Let it sit for at least one hour up to overnight.

Flaxseed Soaker

Bakers %	Ingredients	Kilogram	U.S. Decimal	Pounds & Ounces	Volume
100.00	Flaxseeds	0.603	1.329	1 5 1/4	1/2 cup
150.00	Water	0.904	1.993	1 16	1/2 cup 2 TBSP
250.00	Total	1.507	3.321	3 5 1/4	1 cup

Process, soaker:

Mix all ingredients until well incorporated, cover and set aside.
Let it sit for at least one hour up to overnight.

Liquid Levain

Bakers %	Ingredients	Kilogram	U.S. Decimal	Pounds & Ounces	Volume
100.00	Flour	0.418	0.923	0 14 3/4	1/4 cup 2 TBSP
100.00	Water	0.418	0.923	0 14 3/4	1/3 cup
40.00	Liquid starter	0.167	0.369	0 6	2 TBSP
240.00	Total	1.004	2.214	2 3 2/4	1/2 cup 2 TBSP

Process, levain:

Mix all ingredients until well incorporated with D.D.T. of 70°F.
Allow to ferment 12 hours at room temperature (65 - 70°F)

Final Dough

Bakers %	Ingredients	Kilogram	U.S. Decimal	Pounds & Ounces	Volume
25.00	Rye flour	0.837	1.845	1 13 2/4	3/4 cup 1 TBSP
25.00	Flour	0.837	1.845	1 13 2/4	3/4 cup 1 TBSP
50.00	Whole wheat flour	1.674	3.690	3 11	1 1/2 cup 2 TBSP
60.00	Water	2.009	4.428	4 6 3/4	1 1/3 cup
3.40	Salt	0.114	0.251	0 4	1 TBSP 1/2 tsp
15.00	Molasses	0.502	1.107	1 1 3/4	4 TBSP
0.30	Yeast (dry instant)	0.010	0.022	0 1/4	1/2 tsp
45.00	Wheat soaker	1.507	3.321	3 5 1/4	1 1/2 cup
45.00	Flaxseed soaker	1.507	3.321	3 5 1/4	1 cup
30.00	Liquid levain	1.004	2.214	2 3 2/4	1/2 cup 2 TBSP
298.70	Total	10.000	22.046	22 3/4	3 lb 5 oz

Process, final dough:

Mixing	Mix the dough without wheat soaker and flaxseed soaker. Improved mix (medium soft consistency) Add the soakers on 1 st speed
D.D.T.	73 – 76 °F
First fermentation	1.5-2 hours with a fold every 30 minutes, 2 folds total
Divide	500g boule
Resting time	25 – 30 minutes
Final shape	Round in a basket dusted with flour
Final proof	45 – 60 minutes
Steam	2 seconds
Bake	22 – 25 minutes at 450°F, then vent for 8 – 10 minutes in deck oven

Total Formula

Baker's %	Ingredients	Kilogram	U.S. Decimal	Pounds & Ounces	Volume
21.74	Rye flour	0.837	1.845	1 13 2/4	3/4 cup 1 TBSP
34.78	Flour	1.339	2.952	2 15 1/4	1 1/3 cup
43.48	Whole wheat flour	1.674	3.690	3 11	1 1/2 cup 2 TBSP
65.22	Water	2.511	5.535	5 8 2/4	1 1/2 cup 2 TBSP
2.96	Salt	0.114	0.251	0 4	1 TBSP 1/2 tsp
13.04	Molasses	0.502	1.107	1 1 3/4	4 TBSP
0.26	Yeast (dry instant)	0.010	0.022	0 1/4	1/2 tsp
39.13	Wheat soaker	1.507	3.321	3 5 1/4	1 1/2 cup
39.13	Flaxseed soaker	1.507	3.321	3 5 1/4	1 cup
259.74	Total	10.000	22.046	22 3/4	3 lb 5 oz

Notes

Hydration may vary with the quality and moisture content of the flour.
Time and temperature will vary from oven to oven and with the weight of the loaves.