

**The New York Times**

# Dining & Wine: Recipes

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## Sourdough Rye

**TOTAL TIME** 5 days the first time, overnight subsequently

### FOR THE SOURDOUGH STARTER

2 2/3 cups rye flour Pinch instant yeast

### FOR THE DOUGH

Sourdough starter

2 cups rye flour

2 cups whole-wheat or white flour

1 tablespoon kosher salt

1 1/2 cups cracked rye or rye flour

### PREPARATION

1. To make the starter: In a tall, narrow, nonmetal container (a tall, narrow bowl is fine), mix 2/3 cup rye flour with 1/2 cup water, along with the tiniest pinch of instant yeast — less than 1/16 teaspoon. Cover and let sit for about 24 hours, then add the same amount of both flour and water (no more yeast). Repeat twice more, at 24-hour intervals; 24 hours after the fourth addition, you have your starter. (From now on, keep it in the refrigerator; you don't need to proceed with the recipe for a day or two if you don't want to. Before making the dough, take a ladleful — 1/2 to 3/4 cup — of the starter and put it in a container; stir in 1/2 cup rye flour and a scant 1/2 cup water, mix well, cover and refrigerate. This starter will keep for a couple of weeks. If you don't use it during that time and you wish to keep it alive, add 1/2 cup each flour and water every week or so and stir; you can discard a portion of it if it becomes too voluminous.)
2. To make the dough: Combine the starter in a big bowl with the rye flour and the whole-wheat or white flour.
3. Mix well, cover with plastic wrap and let sit overnight, up to 12 hours.
4. The next morning, the dough should be bubbly and lovely. Add the salt, the cracked rye and 1 cup water — it will be more of a thick batter than a dough and should be pretty much pourable.
5. Pour and scrape it into two 8-by-4-inch nonstick loaf pans. The batter should come to within an inch of the top, no higher.
6. Cover (an improvised dome is better than plastic wrap; the dough will stick to whatever it

touches) and let rest until it reaches the rim of the pans, about 2 to 3 hours, usually. Preheat the oven to 325 and bake until a skewer comes out almost clean; the internal temperature will measure between 190 and 200. This will take about 1 1/2 hours or a little longer.

7. Remove loaves from the pans and cool on a rack. Wrap in plastic and let sit for a day before slicing, if you can manage that; the texture is definitely better the next day.

**YIELD** 2 loaves

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