

100% Rye Bread

This all-rye recipe produces a dense but pleasant loaf with an authentic heavy German texture and flavor. The high moisture, acidity, and slow rise all help to make a workable dough without the help of any wheat flour.

Two Medium Loaves	Ingredient	One Medium Loaf
7 cups, 945 g	Rye flour, 100%	3 ½ cups, 473 g
½ tsp, 1.6 g	Yeast, 0.2%	¼ tsp, 0.8 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
2/3 cup, 227 g	Molasses, 24%	1/3 cup, 114 g
¼ cup, 55 g	Oil, 6%	2 Tbsp, 27 g
¼ cup, 59 g	Vinegar, 6%	2 Tbsp, 30 g
3 cups, 711 g	Water, room temperature, 75%	1 ½ cup, 356 g

In a large bowl stir together the rye flour, yeast and salt. Stir in the molasses, oil, vinegar and water until smooth, then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 16-20 hours.