

Long Fermentation 100% Rye Sourdough

As you work with this dough, realize that with all that rye and very little gluten, the dough feels like more of a paste than a dough. The starter is built up twice over 1 ½ days to achieve an adequate level of acidity to prevent gumminess. A very high level of moisture is needed to help the rye flour reach its potential but this dooms your chances of making 100% rye as a freeform loaf. Bake it in a loaf pan or proof and bake it in a bowl, or proof in a brotform and immediately bake on a stone, whichever method you prefer.

Initial Starter

Two Loaves	Ingredient	One Loaf
1/2 cup, 115 g	Rye starter, 7%	1/4 cup, 58 g
1 cup, 237 g	Water, 15%	1/2 cup, 119 g
2 Tbsp, 30 g	Vinegar, 2%	1 Tbsp, 15 g
2 cups, 270 g	Rye flour, 17%	1 cup, 135 g

About 30 hours prior to baking mix the rye starter, water, vinegar, and rye flour. Cover and allow to ferment at room temperature for the next 10-14 hours.

Buildup

Two Loaves	Ingredient	One Loaf
From above	Initial starter	From above
1 cup, 237 g	Water, 15%	1/2 cup, 119 g
2 cups, 270 g	Rye flour, 17%	1 cup, 135 g

Add water to the initial starter and allow to soften a few minutes, then stir in the additional rye flour. Cover and allow to ferment at room temperature for the next 10-12 hours.

Dough

Two Loaves	Ingredient	One Loaf
From above	Built-up starter	From above
3 cups, 711 g?	Water, 44%	1 ½ cups, 356 g
1 ½ Tbsp, 21 g	Kosher salt, 1.3%	¾ Tbsp, 11 g
¼ cup, 85 g	Molasses, 5%	2 Tbsp, 43 g
¼ cup	Caraway seeds (optional)	2 Tbsp
8 cups, 1080 g	Rye flour, 67%	4 cups, 540 g

The next morning (or 8-10 hours prior to baking) stir water into the starter mixture, then add the salt, molasses and caraway seeds (optional). Stir in the rye flour until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 7-9 hours.

Grease a loaf pan or round baking pan or flour a brotform or line a round bowl with a floured towel. Fold the dough a few times in its rising bowl with a spatula then scrape the dough into the prepared baking vessel or brotform. Cover the loaf loosely with plastic wrap and allow to rise at room temperature for about an hour.

Meanwhile, preheat the oven (and baking stone and steam pan if not using a baking vessel) to 450 degrees. When ready to bake, place the dough and baking vessel in the oven or turn the loaf out onto the baking stone and turn the oven down to 400 degrees. Pour a cup of water into the steam pan, if using one. Bake for 45-50 minutes then remove to a wire rack to cool.

Feel free to add 2 cups/1 cup dried fruit or nuts for a bit more flavor.