

One Step Rye Sourdough

Two Loaves	Ingredient	One Loaf
1 cup, 230 g	Rye Sourdough Starter, 21%	½ cup, 115 g
3 ¼ cups, 770 g	Water, room temperature, 71%	1 ½ cup plus 2 Tbsp, 385 g
¼ cup, 85 g	Molasses, 8%	2 Tbsp, 43 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
2 Tbsp	Caraway seed (optional)	1 Tbsp
6 cups, 816 g	Bread Flour, 75%	3 cups, 408 g
2 cups, 270 g	Rye Flour, 25%	1 cups, 135 g

Place the rye sourdough in a large bowl and add the water, press and stir the sourdough a bit to soften it and allow to sit a few minutes to soften in the water. Stir in the molasses, salt, caraway seed, bread flour and rye flour until smooth then stir vigorously another 15-30 seconds. Cover the bowl and allow to ferment and rise at room temperature for about 14 (summer) to 20 (winter) hours.

On a floured surface divide the dough in half (if making two loaves) and shape into boules or batards. Place the loaves on a peel or baking sheet covered with parchment paper then sprinkle the loaves with flour, coarsely chopped rye or pumpernickel flour. Cover with plastic wrap and allow to rise at room temperature for about 30-45 minutes while the oven warms up.

Preheat the oven, baking stone and steam pan to 450 degrees. Slash the loaves then slide onto the baking stone. Turn the oven down to 400 degrees and pour 1 cup of hot water into the steam bath. Bake for about 45 minutes then remove to a wire rack to cool