

## Pumpernickel with Rye Sour

Wheat berries may be substituted for rye berries if you can't find any locally. In a pinch, brown rice can be used also. The berries may be left whole for a coarser texture or ground in the food processor just prior to mixing up the dough.

### Soaker

Two Loaves	Ingredient	One Loaf
1 cup, 237 g	Water boiling, 19%	½ cup, 119 g
¾ cup, 128 g	Rye or wheat berries, 10%	¼ cup plus 2 Tbsp, 64 g

The night before baking, bring 1 cup water to a boil, remove from heat and add the rye berries to soak overnight.

### Starter

Two Loaves	Ingredient	One Loaf
1 cup, 230 g	Rye starter, 18%	½ cup, 115 g
1 ½ cups, 356 g	Water, room temperature, 28%	¾ cup, 178 g
3 cups, 405 g	Rye flour, 32%	1 ½ cup, 203 g

In a large bowl, mix together the rye starter and 1 ½ cups water, then stir in the rye flour until well mixed. Cover and allow to sit at room temperature overnight.

### Dough

Two Loaves	Ingredient	One Loaf
All from above	Starter	All from above
1 ¾ cups, 415 g	Water, 32%	¾ cup plus 2 Tbsp, 207 g
1/3 cup, 113 g	Blackstrap molasses, 9%	3 Tbsp, 57 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
2 Tbsp, 14 g	Dutch process cocoa, 1%	1 Tbsp, 7 g
3 ½ cups, 476 g	Bread flour, 37%	1 ¾ cup, 238 g
2 cups, 270 g	Rye flour, 21%	1 cup, 135 g
1 cup, 126 g	Pumpernickel flour, 10%	½ cup, 63 g
	Soaked rye or wheat berries, from above	

If desired, grind the rye berries in the food processor just prior to mixing up the dough.

The next morning, add water to the starter and stir until smooth. Stir in the molasses and cocoa. Add the remaining ingredients and stir until well mixed, then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 6-9 hours.

When ready to bake, preheat the oven, baking stone, and steam pan to 450 degrees. Divide the dough in half (for a full batch) and fold each half a few times. Shape each half into a boule or batard and place on

a peel or baking sheet lined with parchment paper, cover loosely with plastic wrap and allow to rise for 30-45 minutes.

Just prior to baking, brush the tops of the loaves with a bit of water, then sprinkle pumpernickel flour over the tops of the loaves. Slide the loaves onto the baking stone, add 1 cup hot water to the steam pan, and turn the oven down to 400 degrees. Bake for 45-50 minutes then remove loaves to cool on a wire rack.