

CRUSTY SOURDOUGH RYE

INGREDIENTS

Group 1

Ingredient	KG	%
BAKELS HENRY'S SOURDOUGH NATURAL	2.000	100.00
Ryemeal Flour	1.200	60.00
Flour	2.000	100.00
BAKELS INSTANT ACTIVE YEAST	0.080	4.00
Water (variable)	3.600	180.00
Total Weight:		8.880

METHOD

Mix dough until fully developed. Rest 1 hour in plastic bins (use dusting flour). Scale and shape into a rectangular shape. Rest 1 hour. Gently flatten with hands until there are no air bubbles left. Trim off sides into even rectangular shape. Alternatively roll dough pieces as for baguettes but taper ends off sharply. Bake for 22 minutes at 210°C with steam. Open damper and bake for a further 6-9 minutes.



CATEGORY

Bread, Buns & Rolls