



CRUSTY SOURDOUGH RYE

Ingredients

Group 1

Ingredient	Weight (%)	KG
BAKELS HENRY'S SOURDOUGH NATURAL		2.000
Ryemeal Flour		1.200
Flour		2.000
BAKELS INSTANT ACTIVE YEAST		0.080
Water (variable)		3.600

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 & Rolls - Specialty, Sourdough



Finished Product

17.5 loaves Flat breads Cobbs or Sticks scaled at 500 g.

