

Rye Bread



Tools

- Large bowl
- 2 pans and 4 clamps to make a dutch oven.
- Wood spoon
- Rubber spatula.

Ingredients

A

- 14 oz cold water
- 1.5 tsps salt
- 0.5 tsp active yeast
- 1.0 tbsp white sugar
- 2.0 tbsp caraway seeds
- 1.0 tbsp olive oil

B

- 2.5 cups white bread flour.
- 1.0 cups rye flour.

Preparation

- Put ingredients **A** in a large bowl and stir a little with wood spoon.
- Add ingredients **B**
- Use spatula and wood spoon spoon handle to gently blend it all together into a ball. Keep blending until bowl is clean using spatula to scrape the bowl.
- Cover the bowl with seran wrap, leave it out on counter for 8 to 24 hours...
- Next day. Preheat oven to 400 F.
- Oil the pan with olive oil.
- With wood handle bust the bubble and roll it into a ball until the bowl is clean.
- Roll out of the bowk ilinto the pan.
- Cover and clamp the pans together and leave it 30 minutes before putting it into lower third of the pre-heated oven.
- Bake 40 minutes, remove the top pan and bake to brown the top about 5 mins.
- Take it out, remove from pan and let stand until it is cool.