

Pan de Centeno



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

1. Put ingredients **A** in a large bowl and stir a little with wood spoon.
2. Add ingredients **B**
3. 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.
4. Cover the bowl with seran wrap, leave it out on counter for 8 to 24 hours...
5. Next day. Preheat oven to 400 F.
6. Oil the pan with olive oil.
7. With wood handle bust the bubble and roll it into a ball until the bowl is clean.
8. Roll out of the bowk ilinto the pan.
9. Cover and clamp the pans together and leave it 30 minutes before putting it into lower third of the pre-heated oven.
- 10 Bake 40 minutes, remove the top pan and bake to brown the top about 5 mins.
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- 11 Take it out, remove from pan and let stand until it is cool.
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