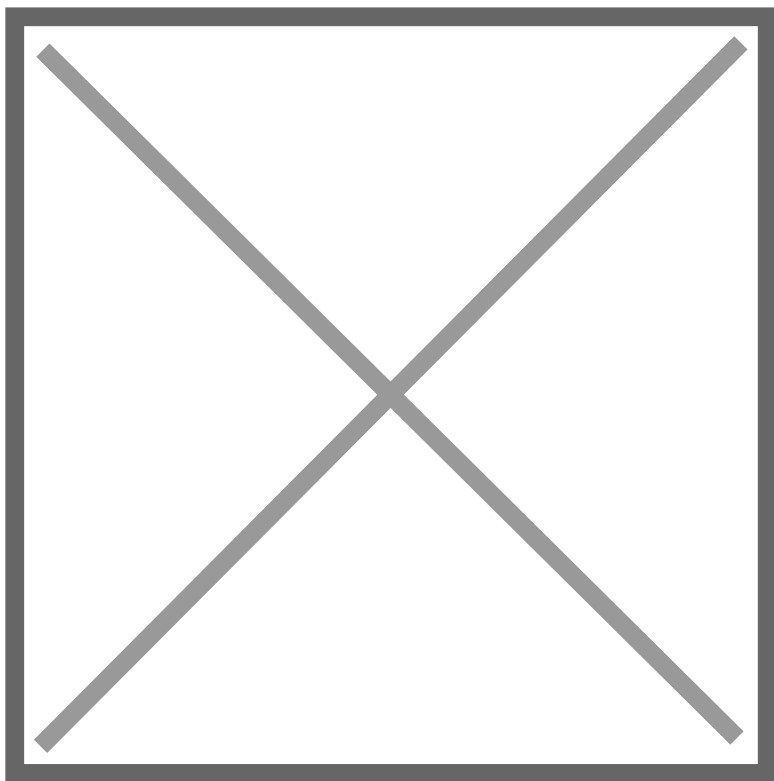


Breads

- [Danish Rye Bread](#)
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Danish Rye Bread

From: foodgeek.dk Video: [YouTube](#)



Rye is a grain that thrives in the relatively cold environment in Scandinavia, so that means that bread made using rye flour is common in Denmark. This is my recipe for a dark, malty sourdough rye bread with rye kernels and pumpkin seeds.

Prep	0:05
Cook	5:20
Yields	1 serving

Ingredients

Daily feedings:

- 50 g starter
- 100 g flour
- 100 g water

For levain:

- 150 g [sourdough rye starter](#)
- 180 g rye flour
- 300 g water

For bread:

- 330 g rye kernels (cracked, if you can't get these, use whole rye kernels but soak them even longer)
- 170 g pumpkin seeds
- 500 g water
- 400 g levain
- 1000 g soaked seeds
- 200 g water
- 50 g malt syrup
- 400 g rye flour
- 20 g fine salt

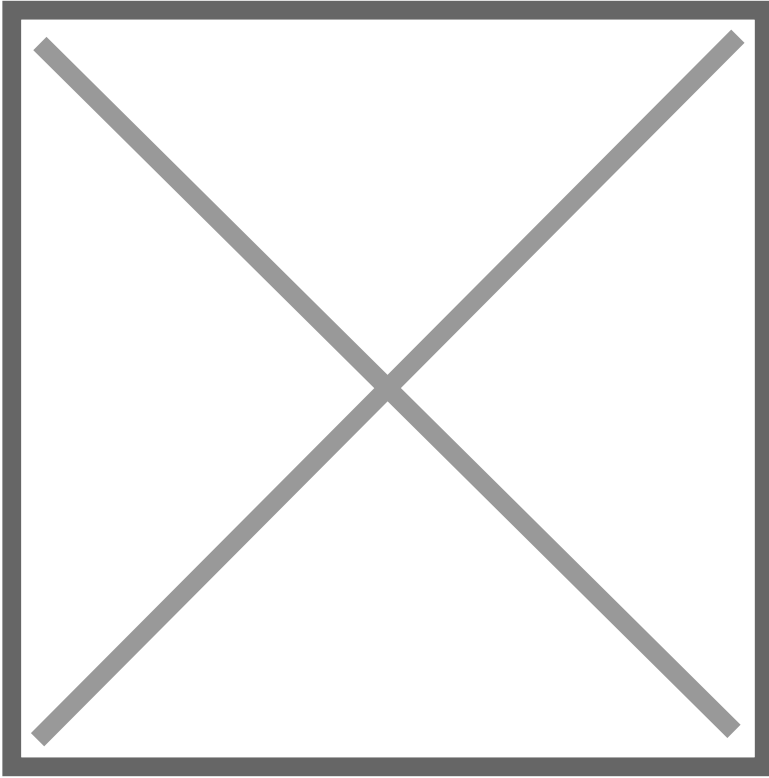
Instructions

1. Mix all the ingredients for the levain; There will be enough levain to save for the next bread.
2. Mix the seeds with the water and leave to soak overnight.
3. Put 400 grams of the levain, 20 grams of salt, 50 grams of malt syrup, 400 grams of rye flour and 200 grams of water in a bowl. Whatever of the levain is left over, is your new mother rye starter. Put it in the fridge until the next time you need it.
4. Strain whatever water hasn't been soaked by the seeds and add the seeds to the bowl.
5. Mix the dough by hand until everything is really well incorporated.
6. Butter a large bread pan liberally.
7. Add the dough and level it using a wetted spatula.
8. Leave to proof covered with a wet dish towel or cling film.
9. A rye bread needs to rise about 30%-50% before it's put in the oven. If you put it in too early, the bread will crack on top because of too much oven spring, if you put it in too late the bread will deflate in the oven. The proofing can take anywhere from 2 to 6 hours depending on a lot of factors, like the ambient temperature, the strength of your starter, the temperature of the dough and the consistency of the dough. A good rule of thumb for when it is ready to put in the oven is when there is 6-7 pinhead sized holes on top of the dough.
10. Heat the oven to 240°C/465°F/Gas Mark 9. When the bread is ready to bake, put it in the oven and close the door.
11. Bake for 10 minutes, then reduce the temperature to 180°C/355°F/Gas Mark 4.
12. Bake for another 40-70 minutes until the bread's internal temperature is 98°C/208°F.
13. Leave the bread to cool on a wire rack. Once it's cooled to room temperature, put it in zip lock bags and let it rest for a day before slicing into it.

Sourdough starter

From: [foodgeek.dk](https://www.foodgeek.dk) Video: <https://www.youtube.com/watch?v=ZU2z8u7MErI>

Prep	1:00
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It is very simple to make your own sourdough starter. All you need is time and patience.

Ingredients

Starter:

- 100 g rye flour
- 150 g water

Daily feedings:

- 50 g sourdough starter
- 100 g rye flour
- 100 g water

Instructions

1. Start by putting 100 grams of rye flour and 150 grams of water in a glass container

2. Mix thoroughly so all the flour been hydrated
3. Put somewhere warm to the next day (in a window in the sun or near a heater)
4. Feed.
5. The follow this routine until you have an active sourdough starter. You know it is active when it grows to double size over four to eight hours after you've fed it

Daily feedings:

1. Mix the sourdough starter Measure 50 grams of sourdough starter in a fresh glass container
2. Add 100 grams of bread flour and 100 grams of water and mix thoroughly. Close the container. You can seal it if you want.
3. Store somewhere warm (about 25°C/77°F)
4. Repeat every day until your sourdough starter is bubbly and super active. Normally it takes six to seven days.

Palanga-Style Rye Bread



Ingredients

Levain

- **140 g** active rye starter (100% hydration)
- **140 g** rye flour
- **140 g** water
- **Total levain: 420 g**

Fresh yeast (alternative to levain)

- **30 g fresh yeast** (\approx 3 tbsp, crumbled)
- **80 g** warm water (\sim 38 °C)

Scald

- **500 g** medium rye flour
- **2 tbsp** rye malt

- or **2 tsp** molasses / barley malt syrup
- **2 tsp** caraway seeds (optional)
- **700 g** hot water (~65 °C)

Main Dough

- All the **scald**
 - **300 g** additional rye flour
 - **200 g** bread flour (or all-purpose)
 - **16 g** salt (3 tsp)
 - **30 g** sugar (2 tbsp)
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Method

1. Make the scald (morning)

Mix rye flour, malt/molasses, caraway, and hot water.
Cover and rest **2-3 hours**, then cool to lukewarm.

2. Mix the dough

- (Fresh yeast version) Dissolve **30 g fresh yeast** in **80 g warm water**. Or use 300g levain.
- Add this to the cooled scald along with:
 - 300 g rye flour
 - 200 g bread/AP flour
 - 16 g salt
 - 30 g sugar
- Mix thoroughly (rye dough = sticky clay texture).

3. Bulk ferment

Let rise warm **1.5-2 hours**, until puffy and cracked.

4. Shape & proof

Shape with wet hands.

Proof **1-1.5 hours** until expanded and cracked again.

5. Bake

- **230 °C for 15 min**
- Then **200 °C for 45-55 min**
- Or just **200 °C for 70 min**. Keep the bread in the oven, while preheating. Brush crust with boiling water after baking.
Cool **2+ hours** before slicing.