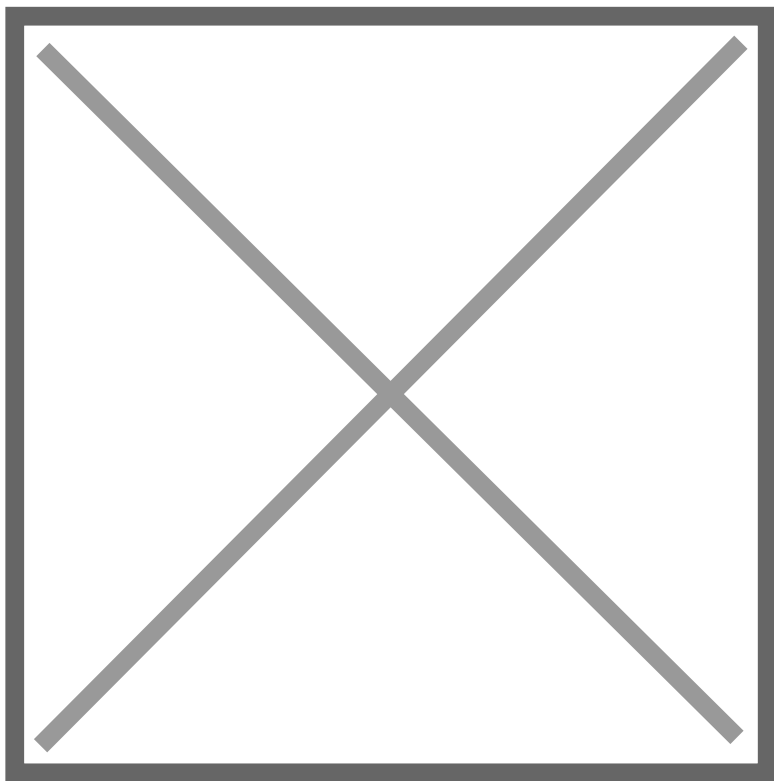


# Danish Rye Bread

From: [foodgeek.dk](http://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.

