

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.
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