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** (≈ 3 tbsp, crumbled)
- **80 g** warm water (~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)

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.

Revision #2
Created 2025-11-16 15:12:08 UTC by Žygimantas
Updated 2025-11-16 15:20:55 UTC by Žygimantas