



RYE SOURDOUGH

Ingredients for refreshing the rye sourdough starter, morning day 1

100g dark rye flour

100g warm water

50g established rye sourdough starter

In the morning mix, scrape down the sides of the bowl then cover and leave in a warm place ready for making the pre-ferment in the evening.

Ingredients for the pre-ferment (in a large bowl), evening day 1

150g dark rye flour

100g rye sourdough starter from the step above.

200g water

Mix, scrape down the sides of the bowl then cover and leave in a warm place ready to bake with the following morning.

Ingredients for the final dough, morning day 2

150g dark rye flour

6g salt

150g boiling water

optionally 200g sultanas or chopped dried apple

Weigh out and mix the remaining rye flour and salt in a separate bowl then pour this flour and salt mix over the pre-ferment in the large mixing bowl. Make sure that the pre-ferment is completely covered with the flour/salt but do not mix at this stage. Now pour over the measured quantity of very hot water. The layer of flour will protect the hot water from scalding and killing the yeast within the ferment. Mix immediately and add any optional flavourings at this stage. Adding near-boiling water to the rye gels the flour.

Spoon/pour the mixture into a greased tin. Shape the top of the loaf using a moistened dough scraper then dust with flour which will craze as the dough rises.

Allow the covered dough to rise/prove in a warm place for about 2 hours. Put a small roasting tin in the bottom of the oven then preheat the oven to 250 degrees C.

When it is proved place the loaf in the oven, add a cup of water to the hot roasting tin then lower the oven temperature to 220 degrees C.

Bake for about 35 minutes. If the base is still soft bake for another 5 or 6 minutes without the tin. Turn out and cool on a wire rack.