



RYE STARTER FORM BREAD



For two loaves

~120 g natural starter
850 g rye flour
800 g or less warm water
½ cup brown sugar
1 tsp salt
2 tbs powdered rye malt

Seeds to sprinkle on top
Butter to grease the pan
Rye flour to scatter
Two rectangular cake pans
Two clean cotton or linen kitchen towels
and a blanket

Rye starter bread can be baked at home by anyone who has an oven and a cake pan. Ask for starter from someone who has some or buy a dry starter at specialised stores or on the Internet. This bread will remain fresh and tasty for a long time.

1. Put all the ingredients into a bowl. Add most of the warm water and knead until you have a soft dough that is homogeneous. Add more water as necessary. The dough may stick to your hands, but when it is ready, it will move away from the sides of your bowl. The dough should not be too thick or too liquid. Try to scrape a design onto the dough. If it disappears, the dough is not ready.
2. Leave a bit of the dough in a jar for the next time. Sprinkle it with flour, cover it tightly and save it in the fridge for the next bake (no more than two weeks).
3. Grease the cake pans with butter and sprinkle with rye flour. Divide the dough into two parts and put them in the pan so that there is room at the top for a rise. Even the surface with the bread peel and then with your moistened hands. Sprinkle seeds on the loaves and scrape in some designs so that the loaf does not have gaps while rising.
4. Cover the pans with a clean kitchen towel and put them in a warm place for 4–6 hours until the dough is fully risen. You can use a slow oven (40–50 °C) for the rise, and that will take three or four hours.
5. Heat your oven to 230 °C. Put the pans in the oven. When the crust is brown, lower the temperature to 180 °C and bake for another hour or so. Test the bread by knocking on its bottom. If the bread is baked, there will be a hollow sound.
6. Spread water on the loaves, wrap them in two towels, cover them with a blanket and leave until the next day to cool. Rye bread must not be eaten when it is hot.