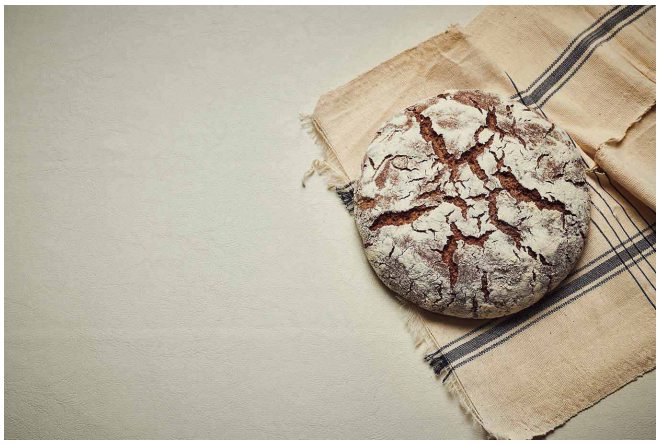
Rye bread

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Resting time	13 Hrs
Cooking time	50 Mins
Piece	1
Appliance	CombiSteamer V6000 45 from 2021

made from a simple sourdough

Soaked grains

50 g rye meal

150 ml water

Dough

Soaked grains

200 g white flour

350 g wholemeal rye flour

1 tbsp salt

30 g honey

½ cube of yeast (about 20 g)

1 sachet of sourdough extract (about 15 g)

250 ml water

100 ml buttermilk

Shaping

Wholemeal rye flour for dusting

Soaked grains

Put the rye meal into a bowl. Bring the water to the boil, add to the rye meal and mix well. Allow to cool down, cover and leave to rest overnight in the refrigerator.

Dough

Knead all the ingredients in a bowl into a soft, moist dough. Shape the dough into a ball. Return to the bowl, cover and allow to rise at room temperature for about 1 hour until double in volume.

Shaping

On a floured work surface, shape the dough into a ball. Allow to proof, covered, in a floured proofing basket or in a bowl lined with a dry kitchen towel at room temperature for 1 hour.

Carefully turn the dough onto a lined baking tray.

Baking

Preheat the cooking space to 200 °C using the professional baking flour-dusted mode.

Bake the rye bread in the middle shelf position for 50 minutes.

Allow the rye bread to cool on a wire rack.

Cooking steps

(Pre-)heat cooking space to 200 °C with Hot air

Preheating finished. Put the food in.

Professional baking rustic 200 °C for 50 Mins

Accessories

Baking tray

Proofing basket

Wire shelf

Additional information

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