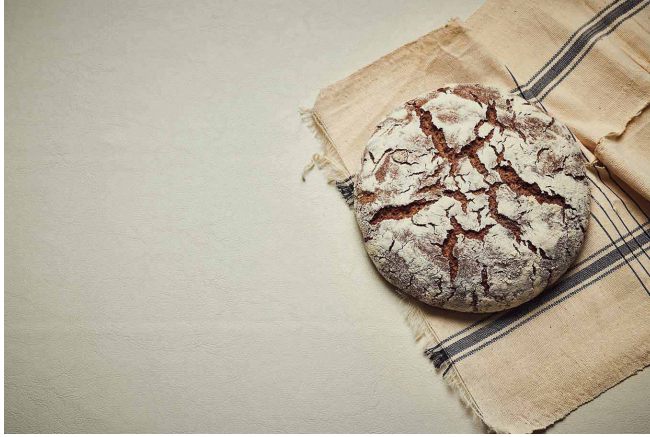




# Rye bread

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Piece 1

made from a simple sourdough

## Soaked grains

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50 g rye meal

150 ml water

## Dough

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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

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Wholemeal rye flour for  
dusting





## Additional information

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Created on

26.01.2022

