



# Rye bread

Recipe by V-ZUG Ltd.



|                 |                                    |
|-----------------|------------------------------------|
| Preparation     | 30 Mins                            |
| Resting<br>time | 13 Hrs                             |
| Cooking<br>time | 50 Mins                            |
| Piece           | 1                                  |
| Appliance       | CombiSteamer V6000 45 from<br>2021 |

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

## Soaked grains

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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

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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

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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

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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

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**(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

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Baking tray

Proofing basket

Wire shelf

## Additional information

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Created on

26.01.2022

