

Rye Wholemeal Bread

Ingredients

450g wholemeal rye flour
teaspoon natural yoghurt (first time sour dough)
300g wholemeal wheat flour
100g sunflower seeds
1 tbsp dried yeast
warm water
1 tbsp sesame or other seeds
2 teaspoons iodised salt

30cm bread tin
butter

Sour dough Starter

Over 3 days:

1st day: Mix 50g wholemeal rye flour with 40ml warm water 38-40°C and a teaspoon natural yoghurt, leave in a warm place (35-37°C).

2nd day: Mix 50g wholemeal rye flour with again 40ml warm water with the starter from day 1, leave in the warm place.

3rd day: Repeat day 2.

Preparation

Mix the starter with 300g of wholemeal rye flour and 250ml warm water and leave in a warm place for 4 – 6 hours. Take away around 200g of the dough as a starter for the next baking day and store it tightly sealed in the refrigerator.

Mix 300g of wholemeal wheat flour and 100g sunflower seeds with 250-300ml warm water and 1 slightly heaped tablespoon dried yeast. Let it rise for 30min.

Combine both the wheat and rye dough well with around 8g of iodised table salt.

Fill the dough in a 30cm buttered tin. Sesame or other seeds can be strewn in the tin for a nice tasty crust.

Bake for 1 hour at 200-220°C. Bake for longer for a thicker, darker crust.

Cool down uncovered; rye sour dough bread keeps well at room temperature (4-7 days), it goes stale in the fridge!

Keep in a paper bag/bread box or lightly covered in plastic bag. Don't let it sweat sitting in a bag in the sun.

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