

Dark Rye Bread (Roggenbrot)

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READY IN: 3hrs 35mins

SERVES: 12

Ingredients:

65g packages of active dry yeast
65g molasses
65 ml cup water (35-38°C)
30g butter
340g bread flour, unsifted
450g rye flour, unsifted
360ml milk, lukewarm
30g sugar
1 teaspoon salt
Optional 20g each of sesame, flax and sunflower seeds

Method:

Dissolve yeast in warm water.(not greater than 28°C)
In a large bowl combine milk, sugar, and salt.
Use a mixer to beat in molasses, butter, yeast mixture and 125g of rye flour.
Use a wooden spoon to mix in the remaining rye flour.
Add white flour by stirring until the dough is stiff enough to knead.
Knead for 5 to 10 minutes, adding flour as needed.
If the dough sticks to your hands or the board add more flour.
Cover dough and let rise for 1 ½ hours or until double in size.
Punch down dough and divide to form 2 round loaves.*
If you choose to add optional seeds add them here.
Let loaves rise on a greased baking sheet until double, about 1½ hours.
Preheat oven to 185°C.
Bake for 30 to 35 minutes.
Makes 2 round loaves.

Tip: divide dough in half and freeze to be used later.