



Rye Bread

Ingredients

1 cup lukewarm water
1 teaspoon sugar
1 tablespoon dry yeast
1½ cups buttermilk
¼ cup butter, melted
¼ cup brown sugar
2 teaspoons salt
2 cups rye flour
4 cups 85% light flour

Method

Combine water, sugar and yeast, cover with plastic film or damp cloth and let proof for at least 10 minutes.

In a mixing bowl combine buttermilk, butter, sugar, salt and yeast mixture. Add rye flour and mix well. Add 85% light flour and mix until dough is stiff enough to be turned onto a floured board.

Knead for 10 minutes and place in a greased bowl. Cover and let rise until doubled in size, approx. 4 hours.

Form into 2 round or oblong loaves, place on a baking tray and let rise until doubled in size.

Bake at 200°C for 25 minutes.

For a vegan option, replace buttermilk for oat milk with 1 tablespoon vinegar. Instead of butter use a dairy free spread.

