

# Polish rye bread

Polish rye bread from Maria Floris' 'Bakery, cakes and simple confectionery' (p. 34)

## Notes

Floris says to start with half the flour, the sugar and two-thirds of the water, mix and leave for 48 hours till it becomes a sour levain. This has been included as a yeast-less preferment and is the only diversion of the recipe.

Other than this, made as standard, doubling in size during ferment and proof. It is baked at 180C for 30 minutes and then 155C till the loaves are firm.

Add caraway seeds to taste.

## Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Levain Medium Rye Flour	40%	122	244	488	732	976
Levain Water	42%	128	256	512	768	1024
Levain Sugar	0.55%	1.68	3.35	7	10	13
Medium Rye Flour	40%	122	244	488	732	976
White Flour	20%	61	122	244	366	488
Water	21%	64	128	256	384	512
Salt	0.75%	2.29	4.57	9	14	18
Yeast	1.25%	4	8	15	23	30