

Russian rye bread

From Vanessa Kimbell's 'The Sourdough School' (p. 127)

Notes

Kambell recommends scalding the wholegrain flour. If not using leaven, 1 day to 1 week old sourdough discard may be used. Keep discard in fridge till included. Charcoal is optional. Seeds are lightly toasted corriander or caraway. Autolyse is 4 hours, maintain at 28C. After autolyse add all else, temp can then be dropped to 22-24C. Kambell reccomends leaving for 2 days before eating to intensify the flavors.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Leaven Flour	35%	68	135	270	405	541
Leaven Water	31%	60	120	239	359	479
Leaven Starter	8.7%	17	34	67	101	134
Wolegrain Rye Flour	100%	193	386	772	1158	1544
Water	75%	145	290	579	869	1158
Black Treacle	5%	10	19	39	58	77
Seeds	2.75%	5.31	11	21	32	42
Salt	2.4%	4.63	9	19	28	37
Charcoal Powder	1%	2	4	8	12	15