

# Seeded Sourdough Rye

Sourdough rye with seeds. Can be used as a guide for other seeded breads.

## Notes

This recipe was baked as part of the Salford Christmas market and had a moderate demand among a certain audience. It was the 2nd last to sell out, and was popular for being the "healthiest" as well as being vegan. As far as the health benefits go, I would personally doubt that homemade rye is significantly better than homemade white. There are, however, provable benefits of the LAB colonies present in sourdough (linked). I estimated it to cost around £0.74 per kilogram. Priced at £2 per loaf we easily sold 10 kilograms over 4 hours.

Autolyse measurements have been included but this may not be necessary.

For using seeds in bread, it is recommended that they are soaked for 1 hour before being used. This lines up nicely with the autolyse period. I have been told that this is so they cannot draw out water from the gluten network although I am unsure about this. This water is accounted for as "Soaker Water" and is double the weight of the seeds to be included. Any seeds can be used.

The sourdough starter is assumed to be 100% hydration.

## Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
White Flour	50%	128	255	510	765	1020
Rye Flour	50%	128	255	510	765	1020
Autolyse Water	30%	77	153	306	459	612
Soaker Water	20%	51	102	204	306	408
Water	19%	48	97	194	291	388
Sourdough Starter	15%	38	77	153	230	306
Seeds	10%	26	51	102	153	204
Salt	2%	5	10	20	31	41