

Rustic Rye Sourdough Bread

Ingredients:

- 200 g rye flour (2 cups)
- 250 g bread flour (2 cups)
- 10 g salt (1 ½ tsp)
- 15 g caraway seeds (2 tsp)
- 375 g water (1 ½ cups)
- 15 g molasses (1 tbsp)
- 100 g active sourdough starter (1/2 cup) [of course, you can always use more or less depending on your starter's activity, the conditions of your home, and your baking timeline goals]

Directions:

- 1) **Mix all the ingredients** together in a medium bowl. Using wet hands, knead to form a ball. Cover with a lid, damp cloth, or plastic cling wrap. Rest 30-60 minutes.
- 2) **Stretch and fold** the dough: Perform 6 sets stretch and folds (*four folds*) within the next two hours. Then, let the dough rest until it has increased in volume by at least 50%.
- 3) **Pre-shape**: Flour a working surface. Remove your dough from the bowl and, using wet hands, lift the dough up from the middle to help it gather under itself (*two coil folds*). Then, push and tuck to form a tight round.
- 4) **Shape**: Turn the dough out onto your new working surface. Fold the long sides toward the middle, then the top toward the middle, and finally fold the bottom all the way over. Then, using wet hands, push and tuck the dough to form a tight round.
- 5) Place seam side up in a floured banneton. (*Rice flour will prevent any and all sticking.*)
- 6) Working from opposite ends of the round, pull the sides of the dough inward to tighten the skin once more.
- 7) Refrigerate 12-16 hours. (*Alternatively, finish proofing 1-3 more hours on the counter, and then proceed with baking directions.*)
- 8) The next day, add a Dutch oven and baking stone (*on the shelf underneath the Dutch oven*) to your oven and preheat to 450 F.
- 9) Turn your dough out onto parchment paper. Rub in any extra flour from the banneton.
- 10) **Score** your dough ¼ to ½ inch deep.
- 11) **Bake** in preheated Dutch oven for 25 minutes with the lid on, and 20 minutes with the lid off.

12) The dough's internal temperature should register 200 F.

13) Cool at least 30 minutes before slicing.

14) **Enjoy!**

15) **How to store:** Store in a Ziploc bag on the counter for three to five days, or slice and store in the freezer.

To reheat: From room temperature, toast 2-3 minutes. From frozen, toast 4-5 minutes. I do this in my air fryer at 400 F.

Notes:

Pizza Stone/Baking Sheet: This is not necessary, but the addition of an object underneath the Dutch oven helps create indirect heat, preventing the bottom of the loaf from burning. You could also use aluminum foil, or sprinkle cornmeal under the parchment paper/silicone bread sling.