



Country Rye Loaves



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bread flour divided
- ☐ 2 tablespoons bread flour
- ☐ 2 teaspoons cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 6 tablespoons blackstrap molasses
- ☐ 1 tablespoon olive oil
- ☐ 3 cups rye flour
- ☐ 2.5 teaspoons salt

- ☐ 3 cups water (100° to 110°)
- ☐ 2 cups flour whole wheat

Equipment

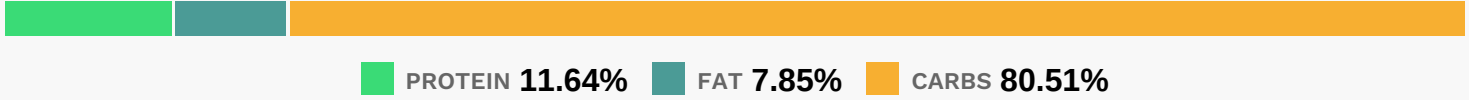
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup
- ☐ sifter

Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon rye flour into dry measuring cups; level with a knife.
- ☐ Add rye flour and molasses to yeast mixture, and stir until combined. Cover and let stand at room temperature for 8 hours or overnight to make a sponge.
- ☐ Stir oil and salt into sponge. Lightly spoon whole wheat flour and bread flour into dry measuring cups; level with a knife.
- ☐ Add whole wheat flour and 1 1/2 cups bread flour to sponge; stir until a soft dough forms. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide dough into 2 equal portions. Shape each portion into a (6-inch) round.
- ☐ Place dough rounds on a baking sheet sprinkled with 2 teaspoons cornmeal. Lightly coat surface of dough with cooking spray. Cover and let rise in a warm place (85), free from drafts, 20 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover loaves.

- ☐
- Place 2 tablespoons bread flour in a small sifter, and sift flour evenly over loaves.
- ☐
- Cut a shallow (1/4-inch) X in the center of each loaf.
- ☐
- Bake at 350 for 1 hour or until bread is browned on bottom and sounds hollow when tapped.
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- Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:24.65, Glycemic Load:16.52, Inflammation Score:-5, Nutrition Score:15.343478267526%

Nutrients (% of daily need)

Calories: 334.68kcal (16.73%), Fat: 2.99g (4.6%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 62.01g (22.55%), Sugar: 9.49g (10.54%), Cholesterol: 0mg (0%), Sodium: 591.38mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Manganese: 2.11mg (105.65%), Selenium: 31.94µg (45.62%), Fiber: 7.04g (28.15%), Magnesium: 89.33mg (22.33%), Vitamin B1: 0.31mg (20.84%), Phosphorus: 189.22mg (18.92%), Copper: 0.32mg (16.1%), Vitamin B6: 0.28mg (14.14%), Iron: 2.49mg (13.81%), Vitamin B3: 2.38mg (11.93%), Potassium: 411.27mg (11.75%), Folate: 46.19µg (11.55%), Zinc: 1.62mg (10.83%), Vitamin B2: 0.12mg (7%), Vitamin E: 0.92mg (6.11%), Vitamin B5: 0.6mg (6.04%), Calcium: 46.8mg (4.68%), Vitamin K: 3.19µg (3.04%)