



Pumpernickel Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

Ingredients

- ☐ 0.3 ounce highly active yeast dry
- ☐ 4.5 cups bread flour
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons coffee granules instant
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup rye flour
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1.8 cups warm water (100° to 110°)

Equipment

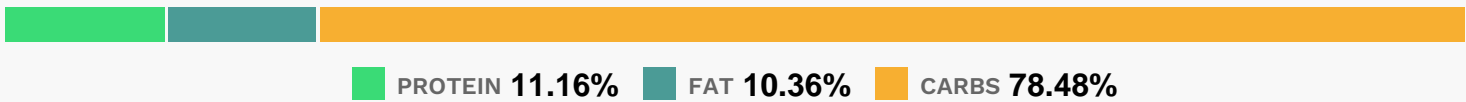
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Preheat oven to 20
- ☐ Stir together first 3 ingredients in the mixing bowl of a heavy-duty electric stand mixer.
- ☐ Let stand 5 minutes.
- ☐ Add coffee and next 4 ingredients to yeast mixture. Beat at low speed with dough hook attachment for 1 minute or until soft dough comes together. Beat at medium speed 4 minutes. (Dough will be slightly sticky.)
- ☐ Turn dough out onto a lightly floured surface; shape dough into a 9- x 5-inch oval loaf.
- ☐ Place on a parchment paper-lined baking sheet; coat lightly with cooking spray, and cover loosely with plastic wrap. Turn oven off, and place loaf in oven.
- ☐ Let rise 30 minutes or until loaf is doubled in bulk.
- ☐ Remove loaf from oven.
- ☐ Remove and discard plastic wrap. Preheat oven to 37
- ☐ Bake bread for 30 to 35 minutes.
- ☐ Remove from oven, and brush with melted butter. Cool on wire rack.
- ☐ German-Style Pumpnickel

- ☐ Rolls: Pat dough into a 10-inch square (1/2 inch thick).
- ☐ Cut into 2-inch squares.
- ☐ Roll into 1 1/2-inch balls, and place on a parchment paper-lined baking sheet. Proceed with recipe as directed.
- ☐ Bake at 375 for 10 to 12 minutes or until lightly browned. (Makes 25
- ☐ Rolls).
- ☐ German-Style Pumpernickel
- ☐ Rolls with Caraway: Follow instructions for German-Style Pumpernickel
- ☐ Rolls, adding 1 tablespoon caraway seeds. Proceed with recipe as directed.
- ☐ Add 3/4 cup raisins (or golden raisins) and 1 cup coarsely chopped toasted walnuts to dough before mixing. Shape dough into a ball, and gently flatten to a 7-inch circle.
- ☐ Cut 3 slits in dough (1/4 to 1/2 inch deep) with a sharp paring knife just before baking, if desired.
- ☐ Whisk together 1 egg white and 3 tablespoons water in a small bowl; brush loaf with egg mixture.
- ☐ Bake at 375 for 38 minutes or until a wooden pick inserted in center comes out clean. Omit brushing on melted butter. (Makes 1 Loaf).
- ☐ Sour-Rye Pumpernickel Bread: The Sour Starter gives this bold bread a subtle tangy flavor. Reduce water to 1 cup.
- ☐ Add 2 tablespoons browning and seasoning sauce and 1 cup Sour Starter to dough; mix with dough hook attachment at medium-high speed with heavy duty stand mixer 5 minutes. Proceed with recipe as directed.
- ☐ Note: For testing purposes only, we used Kitchen Bouquet sauce.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:38.59, Inflammation Score:-4, Nutrition Score:10.299999870117%

Nutrients (% of daily need)

Calories: 372.87kcal (18.64%), Fat: 4.27g (6.57%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 72.81g (24.27%), Net Carbohydrates: 69.38g (25.23%), Sugar: 11.22g (12.47%), Cholesterol: 0mg (0%), Sodium: 623.46mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 10.35g (20.71%), Manganese: 1.05mg (52.57%), Selenium: 31.87µg (45.53%), Magnesium: 56.3mg (14.07%), Fiber: 3.43g (13.72%), Vitamin B1: 0.2mg (13%), Folate: 48.3µg (12.08%), Copper: 0.24mg (11.8%), Phosphorus: 110.39mg (11.04%), Potassium: 326.11mg (9.32%), Vitamin B3: 1.73mg (8.65%), Iron: 1.53mg (8.53%), Vitamin B6: 0.14mg (7.24%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.58mg (5.79%), Vitamin B2: 0.1mg (5.6%), Calcium: 40.22mg (4.02%), Vitamin E: 0.57mg (3.81%), Vitamin A: 126.6IU (2.53%)