

Bauernbrot

German Sour Rye Bread



Ingredients:

2 -3 loaves

2 cups Dark Rye Flour

1-1/2 cups water

Makes

Final Dough

2 1/2 cups water

7 cups white bread flour

2 teaspoons salt

1 teaspoon sugar

1 tablespoon (1 package) yeast

2 tablespoons caraway seeds

a few more for sprinkling on top

optional

2 teaspoons poppy seeds

glaze

1 egg

2 tablespoons water



Add the dark rye flour and water together
Sprinkle some rye flour on top and let sit for 24 to 48 hours.
cracks will start to develop on top.

Mix Together the Final Dough



Add the water,
sugar, salt, yeast.



Add the flour and
mix in. Add the
caraway seeds and
mix thoroughly for
about 5 minutes.



You can of course
use an electric mixer
and use a low speed.
The dough will just
barely keep together.
The dough needs to
keep fairly loose.



Here is a look at the texture of the dough, It is fairly wet, just enough to hold shape.



Here is a closer look at the dough's texture



Cover and let raise for about 60 minutes,



After the dough has doubled in size, divide the dough into 2 or 3 loaves.



Divide the dough into 2 or 3 loaves,
and place on greased baking sheets.

Let raise in a warm place about 80 degrees.

I heat the oven slightly, turn off and put a bowl of water
in the oven to create a moist environment. I do leave the oven
door cracked open
you don't want too hot an environment.



You can see the dough has doubled and taken over most of the
pan. It is ready for the oven

Sprinkle with poppy Seeds and caraway seeds

Pre - heat oven to 400 - 450 degrees F, depending on how reliable your oven thermometer is.

Mine seems a little cool so I heat it to 450 F.

I leave the bowl of water in the oven.

This helps to give a crispier crust.

Optional:

To achieve a glossy crust

After they bake them for 15 minutes and then

Take them out and brush with a solution of a beaten egg with 2 tablespoons water.



Bake another 30 to 50 minutes.

Keep an eye on the bread. If the bottom of the bread has developed a good crust it is done.

Take the pan out and lift up the loaf and tap it lightly to see

if it makes a hollow sound. If it does it is done.
if it is still fairly soft bake another 10 minutes.



This bread has a very nice crumb to it. Because you have a very
loose dough,
it doesn't become too dense like some breads.