

Sourdough bread with Rye Starter

Ingredients:

1 cup filtered / purified / boiled water

400g Rye Starter (I got some starter from a friend, and am happy to share with others if they contact me)

500g strong / bakers flour

1 teaspoon salt

Directions:

take starter out of fridge a few hours or night before you wish to bake and feed with ½ cup filtered water and ½ cup rye

once it has bubbled up it is ready to use. After adding to bread recipe, feed again with same quantities of water and rye and put back in the fridge.

mix first three ingredients together until well combined

let sit for half an hour

add salt and extra flour (1 cup or more) to reduce stickiness and knead for 10mins

let sit, covered, for 1 hour until doubled in size

dust with flour, tip out dough and fold on itself 2-3 times

line a bread tray with baking paper and place dough in it

let sit covered (and make sure you leave room for the bread to expand and not touch the cover that you use, you could put it in a plastic tub or something similar) for 2 – 3 hours.

Alternatively, cover it and put it in the fridge to retard it overnight or for several hours until you are ready to bake it, then leave it out for half to 1 hour to warm up

when ready to bake, heat your oven up as high as it will go, put a tray in the bottom of the oven and fill with boiling water to generate steam. Put your bread in the oven and cook for 10mins.

Turn oven down to 190-200 degrees and continue cooking for 20mins

take it out after 20 minutes or when you start smelling it. Remove from tray and let it cool before slicing. I eat it fresh for a day or two then slice the rest and freeze for toast to enjoy throughout the week.