



Rye bread

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Piece 1

made from a simple sourdough

Soaked grains

50 g rye meal

150 ml water

Dough

Soaked grains

200 g white flour

350 g wholemeal rye flour

1 tbsp salt

30 g honey

½ cube of yeast (about 20 g)

1 sachet of sourdough extract
(about 15 g)

250 ml water

100 ml buttermilk

Shaping

Wholemeal rye flour for
dusting





Additional information

Created on

26.01.2022

