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

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