



Valais rye bread

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Piece 1

Valais rye bread is one of the oldest bread specialities in the Alps. Strong in flavour, compact in crumb, and traditionally made with sourdough.

Preferment

150 ml water
20 g active sourdough starter
185 g wholemeal rye flour

Dough

400 g rye flour
12 g yeast, crumbled
12 g salt
250 ml water

Shaping

50 g rye flour

Preferment

Mix the water and sourdough in a container. Stir in wholemeal rye flour, cover and leave to rest at room temperature for approximately 8-12 hours.





Dough

Mix the rye flour, yeast and salt in the bowl of a stand mixer. Pour in the water, add the preferment, and knead with the dough hook on a low speed for approximately 10 minutes. Transfer the dough to a lightly greased bowl, cover, and leave to rest at room temperature for approximately 1 hour.

Shaping

Turn the dough out on a well-floured work surface and shape into a round loaf. Place a little rye flour in a wide container, turn the loaf in it, then transfer to a baking tray dusted with flour. Lightly flatten the loaf and leave to rest for approximately 1 hour.

Baking

Preheat the cooking space with Professional baking flour-dusted to 210 °C. Once even cracks appear on the surface of the loaf, place the tray into the preheated cooking space and bake for approximately 50 minutes. Remove the bread and allow it to cool on a wire rack.

(Pre-)heat cooking space to 210 °C with Professional baking rustic

Preheating completed. Insert cookware.

Professional baking rustic 210 °C for 50 Mins

Accessories

Baking tray

