

CHLEB ŻYTNIA RAZOWY NA ZAKWASIE

Polish Sourdough Rye Bread



- Ingredients -

1 kg rye flour type 200
650 ml warm water
7 g salt
15 g caraway seeds
50 g sunflower seeds
50 g pumpkin seeds

For the sourdough

50 g rye flour type 200
50 ml lukewarm water



48h plus fermenting - 1h baking



Yield 2 loaves

- Instructions -

- Mix 50 g of flour and 50 ml of warm water in a glass bowl. Cover with a cloth and leave in a warm place for 24 hours.
- Repeat this process for the next 3 days, stirring in 50 g of flour and 50 ml of water each day. Your sourdough starter will be growing for 4 days.
- On the fifth day, transfer your starter to a large bowl and add 500 g of rye flour and 500 ml warm water (44°C), mix and cover with a cloth, then leave in a warm place for 8 hours or overnight.
- Add 150 ml water and the salt to the dough and then add 500 g of rye flour with the seeds.
- Knead the dough lightly; it should still be a little sticky.
- Divide dough into two parchment lined loaf pans.
- Lightly score the top of the bread diagonally, in both directions giving a criss-cross pattern.
- With a pastry brush, brush the tops of the loaves with boiling water (boiling water is to set the crust, it keeps the top from expanding and gives you a denser loaf). Cover with a cloth and leave to rise in a warm place for 2 hours.
- Preheat the oven to maximum temperature for 15 minutes, reduce the temperature to 200° C.
- Brush loaves again with boiling water, put in the oven and bake for 55 minutes.
- Cool before slicing.

It's a Polish wedding tradition to give a new bride a supply of a starter for sourdough rye bread, as a suggestion to make good bread, acting as a symbol of the household.

The sourdough starter in this Polish rye bread recipe gives it a delightful tang, but it takes two days to ripen, so plan accordingly.