

BLACK RUSSIAN RYE BREAD

- 2 1/2 cups warm water
 - 1/2 cup molasses
 - 1/4 cup vinegar
 - 1/2 cup melted butter
 - 4 Tbsp. caraway seed
 - 1/2 tsp fennel seed
 - 2 Tbsp. Gluten(opt.)
 - 4 1/2 Tbsp. carob powder
 - 2 tsp. instant coffee granules or postum
 - 2 Tbsp. dried onion flakes
- 4 cups rye flour
- 2 Tbsp. dough enhancer
- 2 Tbsp. Saf yeast
- 1 Tbsp. salt
- 8-9 cups whole wheat flour
- cornmeal

Glaze: 1/2 cup cold water and 1 tsp. cornstarch

In the Bosch blender place caraway and fennel seed and turn one high speed for 10 15 sec. to crush. In the Bosch bowl equipped with the dough hook, combine water, melted butter, molasses, and vinegar. Add the wheat flour with the yeast, dough enhancer, gluten, spices, salt, carob powder, postum and onion flakes on top. . If using a Universal Plus turn up to speed 2 and let knead for 6-7 min. until the gluten is developed. Now add the rye flour until the dough STARTS to clean the sides of the bowl. Continue kneading 2-3 min. more. Lightly grease a baking sheet and sprinkle with cornmeal. On an oiled counter divide the dough into half and form two large circular loaves. Place one formed loaf on each end of the baking sheet. Cover loosely with plastic wrap and let rise until double. Slit tops of bread down the middle with a sharp knife, about 1/2" deep. Bake in a preheated oven 350 degree F. for 45-50 min. While bread is baking, combine cold water and cornstarch in a small saucepan and cook until thickened. At the end of the baking time, remove bread from the oven and quickly brush with cornstarch mixture & return to oven for 2-3 min. to set the glaze. Transfer loaves to cooling rack. The cornstarch and water mixture will create a chewier crust on the loaf.