

ROBERTA'S SOURDOUGH RYE - from Laurel's Kitchen Bread Book

Starter Prep.

3/4 cup Rye sourdough starter

3/4 cup warm water

2 cup rye flour

1/4 onion separated into pieces

The night before baking day, mix starter, water, and flour and spread the onion over the top of the mixture, pushing it down lightly into the dough. Cover tightly and leave 12 to 15 hours or more at room temperature.

Starter mixture above

1 cup warm water

3 1/2 cup whole wheat flour

1 Tbsp. dough enhancer

2 1/2 tsp. salt

1 Tbsp. caraway seeds

Remove the onions from the starter mixture and add the starter to the Bosch bowl equipped with the dough hook. Place 2 cups of the whole wheat flour, dough enhancer, salt, and seeds on top and turn on speed one. Let knead for 20 sec. Turn up to speed 2 if you are using a Universal Plus and add remaining flour, sprinkling it in a little at a time until the dough STARTS to clean the sides of the bowl. If you put too much flour in, the dough will just go around and around and not get kneaded. Let knead 8 to 10 min. Place dough in a clean bowl, cover, and let rise once at about 80 degrees F. for approx. 1 1/2 hours. divide into two or three small pieces, round, and let rest for 15 min. or so, covered. Shape into hearth-style loaves (rounds or ovals) and place on a greased baking sheet that has been dusted with cornmeal. Let rise again in a warm place until the dough slowly returns a gently made fingerprint.

Slash the loaves in a tic-tac-toe pattern and place them in a preheated oven (450 degrees F.) with a pan of water in the bottom rack of the oven. Bake for 10 min., reduce temp to 325 degrees F. and remove pan of water and finish baking for 40 to 50 min. or until done. Remove from baking sheet and cool on racks.