

## Our Rye Breads at a Glance

There are over 100 recipes in this book that contain some rye flour. The French *pain de campagne* (Country-Style Bread, page 99) is a good example. Historically, it was made with rye flour, wheat flour, or a mix of the two, depending on what crops had flourished or failed in any given year. We make our *pain de campagne* with 15% dark rye flour and 15% whole wheat flour. The rye adds flavor to straight wheat flour, giving the bread additional

complexity. The table below lists our recipes that contain rye flour, grouped by the percentage of rye they have. This chapter includes 100% ryes, intermediate ryes, rye-flavored breads, and enriched rye breads. *Vollkornbrot* and pumpernickel are also rye-based breads, but we placed them in the Brick-Like Breads chapter beginning on page 380. Their shape and density make them more at home in that grouping, along with other dense breads.

| Category               | Rye %  | Characteristics   | Recipe titles  | Chapter         | Page |
|------------------------|--------|---|--|-----------------|------|
| 100% ryes              | 60–100 | these are rye breads that are soft, even though they contain little to no wheat flour; they must be mixed with a paddle due to the high percentage of rye flour; we recommend using light rye (or Austrian-style rye flour) to get a lighter texture; using 100% light rye will create our high-ryes breads | 100% High-Ryes<br>Poached Quince and Cranberry Rye Bread<br>Bryöche<br>Roggenbrot (90% Rye Bread)<br>Gersterbrot<br>Valais   | Rye Breads      | 328  |
| intermediate ryes      | 30–59  | these breads have a solid backbone of wheat, with varying degrees of rye, making them something akin to farmer's breads but with less wheat; they have a distinct chewiness and depth of flavor   | <b>Modernist 100% High-Ryes</b><br>Pain de Méteil<br>Pain de Seigle<br>Black Pudding Sourdough<br>48-Hour Sourdough<br>Jewish Corn Rye (Kornbroyt)<br>Onion Rye Levain                                 | Rye Breads      | 328  |
| rye-flavored breads    | 10–29  | the majority of the flour in these breads is wheat; the wheat provides structure, and the rye adds flavor; we have a 100% rye bread in this group because it gets the structure from added gluten   | Farmer's Bread<br>Modernist Farmer's Bread<br>Direct Farmer's Bread<br>Landbrot<br><b>St. Gallen</b><br>Apricot and Cherry Mostarda Bread<br>Farmer's Bread with Figs<br>Basler Brot<br>Sauerkraut Rye | Rye Breads      | 328  |
| enriched flavored ryes | <15    | these are commonly viewed as rye breads, but they're really rye flavored; they're enriched and contain a large proportion of wheat flour  | Jewish Deli Rye<br>American Pumpernickel<br>Marbled Rye<br>Onion Rye   | Enriched Breads | 280  |

We show how to make tortillas with nixtamalized rye on page 2:381. The rye tortillas are hearty and very tasty.

## Rye and French Lean Breads

| Category                          | Rye %  | Characteristics   | Recipe titles  | Chapter     | Page |
|-----------------------------------|--------|---|--|-------------|------|
| other breads containing rye flour | 2.5–10 | these breads have well under 30% rye flour; the rye adds some nuance, but we don't consider them to be rye breads | San Francisco Sourdough<br><b>10% Pumpernickel Sourdough</b> | Lean Breads | 2    |

## Rye and Brick-Like Breads

| Category        | Rye %  | Characteristics  | Recipe titles  | Chapter           | Page |
|-----------------|--------|--|--|-------------------|------|
| brick-like ryes | 60–100 | these breads are dense and brick-like and are made completely or mostly from rye (whether it be rye flour, soaked rye, or cracked rye), and they're leavened with rye levain | Vollkornbrot<br>Caramelized Grain, Nuts, and Dried Fruit Vollkornbrot<br>Chocolate Chunk and Cocoa Vollkornbrot<br>Rugbrød (Rugbröt)<br>Pumpernickel Master<br>Pumpernickel Raisin Bread | Brick-Like Breads | 380  |