master recipe

PUMPERNICKEL

The characteristic deep brown color of pumpernickel bread is traditionally achieved through an element required of so many great loaves: time. A quintessential German bread from the Westphalia region, pumpernickel was originally made with rye only, both coarse flour and soaked grains. (Nowadays, wheat flour is often added, as in our recipe, to provide more structure and lighten the crumb.) The density of that traditional dough required long baking at a low temperature to allow heat to evenly penetrate. Such low and slow heat (our loaf bakes for 16 hours, most of that time with the oven off) triggers Maillard reactions (see page 2315), which not only darken the bread but also deepen its flavor. If that long baking time sounds daunting, you can steam and then bake the bread for less time, which will produce a lighter-colored, more mild-tasting loaf.

### TOTAL TIME

**ACTIVE** 1 min  
**INACTIVE** 34 h 35 min

### DIFFICULTY

Easy: mixing, shaping, baking

### OVENS

- **Deck**
- **Pizza**
- **Home**
- **Combi**
- **Convection**

### YIELD / SHAPE

1 Pullman loaf

### INGREDIENTS

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>VOLUME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For the Rye Berries</strong></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>370 g</td>
</tr>
<tr>
<td>Rye berries</td>
<td>180 g</td>
</tr>
<tr>
<td><strong>For the Dough</strong></td>
<td></td>
</tr>
<tr>
<td>Liquid rye levain, mature</td>
<td>730 g</td>
</tr>
<tr>
<td>Soaked rye berries</td>
<td>550 g</td>
</tr>
<tr>
<td>Cracked rye</td>
<td>290 g</td>
</tr>
<tr>
<td>Bread flour</td>
<td>290 g</td>
</tr>
<tr>
<td>Pumpernickel flour</td>
<td>230 g</td>
</tr>
<tr>
<td>Fine salt</td>
<td>17 g</td>
</tr>
</tbody>
</table>

Yield ~2.00 kg

*For salt, flours, substitutions, and other notes, see pages viii–xi.

### NET CONTENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rye flour</td>
<td>554 g</td>
<td>65.64</td>
</tr>
<tr>
<td>Bread flour</td>
<td>290 g</td>
<td>34.36</td>
</tr>
<tr>
<td>Water</td>
<td>775 g</td>
<td>139.89</td>
</tr>
<tr>
<td>Salt</td>
<td>17 g</td>
<td>2.01</td>
</tr>
</tbody>
</table>

### GENERAL DIRECTIONS

**PROCEDURE**

**NOTES**

**TIME**

**PREP**

soaked rye berries

boil the water, and pour over the rye berries; place in an airtight container, and soak for at least 1 d at room temperature

1 d

**MIX**

by hand*

combine all ingredients in a bowl, and mix with one hand, using a squeeze-and-release motion, to a firm homogeneous paste; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap

see Hand Mixing, page 3116

8 min

by machine*

combine all ingredients in mixer’s bowl, and mix on medium speed to a firm homogeneous paste; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap

see Machine Mixing options, page 451

5 min

**BULK FERMENT**

2 h total; no folds; keep covered throughout

see Bulk Fermentation, page 3126; prepare the baking pan

2 h

**SHAPE**

shape

Pullman loaf

with wet hands, push dough into the pan, and smooth the top; dust with dark rye flour, and cover with the lid

1 min

**FINAL PROOF**

13 °C/55 °F

14 h

see Final Proofing Methods, page 3212

12–16 h

4 °C/39 °F

12–16 h

**BAKE**

see Pumpernickel Baking Times and Temperatures, page 452

initial time is 30 min, with a 16 h carryover baking time

16½ h

**TOTAL TIME**

*Choose by hand or machine

by hand 9 min / 34½ h

by machine 1 min / 34 h 35 min