MACHINE MIXING

1. Follow the Machine Mixing options on the next page.

BULK FERMENT

2. Transfer to a lightly oiled plastic tub or bowl, and cover with a lid or plastic wrap.

3. Bulk ferment, covered, for 1 h.

SHAPE

4. Lightly coat the interior surface of a 20 cm by 11 cm by 7.5 cm / 7 ¾ in by 4 ½ in by 1 in loaf pan with oil and equal parts light rye flour and bread flour.

5. Place the dough on well-floured (with rye flour) work surface. Flatten it into a rectangle the width of the pan you will be baking the dough in. Roll up the dough, and then place it inside the pan, seam side down.

SHAPE

6. Sift light rye flour over the surface of the dough.

PROOF

7. Proof the dough following the times and temperatures in the General Directions table (see page 385). When the dough is proofed, its surface will be cracked, resembling parched earth.

BAKE

8. Bake the dough according to the 100% High-Ryes Baking Times and Temperatures table on the next page. The surface should be dark brown but not burnt.

COOL

9. Remove the bread from the pan, and allow it to cool completely.

10. Consume the bread within 3 d, or freeze for up to 2 mo.