Sprout the rye berries at least 48 h before mixing the dough (see page 2-372).

Toast the sunflower seeds, flaxseeds, sesame seeds, and pumpkin seeds.

Follow the Machine Mixing options on the next page.

Transfer to a lightly oiled plastic tub, and cover with a lid.

Place the dough in the pan. Using a rubber spatula, press the dough down into the pan to fill in all the gaps and prevent any air pockets.

With the same rubber spatula, smooth the top of the dough to even the surface. Dust the top of the dough with a thin layer of light rye flour.

Transfer the dough to your preferred proofing setup (see page 58).

Proof the dough following the times and temperatures in the General Directions table (see previous page). The dough should reach just under the top of the pan.

Note that the layer of flour applied before proofing will be absorbed into the dough as it proofs. Apply more before baking if you wish to have a floured look on top of the finished bread.