

Homemade Rye Bread Recipe

By Maria Arnold

Homemade Rye Bread has great flavor and texture. Start the night before to have fresh bread for lunch. This recipe makes 1 large loaf. The exact number of servings will vary based on how the loaf is sliced.

American rye flour



PREP	COOK	TOTAL	SERVINGS
45 min	35 min	80 min	18

Nutrition (per serving)

CALORIES	PROTEIN	CARBS	FAT
125 kcal	4 g	25 g	1 g
FIBER	SUGAR	SODIUM	
2 g	1 g	146 mg	

Ingredients

- 16 ounces warm water (2 cups)
- 2 ¼ teaspoons active dry yeast
- 5 ounces rye flour (1 cup, see note)
- 16 ¼ ounces bread flour (3 ¼ cups)

- **1 tablespoon** honey
- **2 teaspoons** table salt
- **2 tablespoons** caraway seeds
- **1** egg white

Instructions

1. Combine 16 ounces warm water, 2 ¼ teaspoons active dry yeast, 5 ounces rye flour and 1 cup (5 oz) of the bread flour in a mixer bowl. Mix until a thick batter is formed. Cover the bowl and set aside for 30-60 minutes.
2. If you're using a stand mixer, switch to the dough hook. Add 1 tablespoon honey, 2 teaspoons table salt and remaining bread flour. If the dough is extremely sticky sprinkle in a few more tablespoons of bread flour.
3. Knead the dough on medium speed for 5 minutes or until the bread clears the sides of the bowl and clings to the hook. Turn it out onto a lightly floured surface. If working by hand, stir in as much of the flour as you can then turn the dough out onto a floured surface and knead for 4-5 minutes.
4. The dough may be a little sticky so keep your hands well floured. Place the dough into a lightly oiled bowl, turning once to coat the dough. Cover the bowl.
5. Rise for 1 to 1 ½ hours or until doubled in size. Turn the dough out onto a lightly floured surface. Knead the dough, cover tightly and refrigerate over night or up to 24 hours. To bake the same day you can skip the refrigeration step and go straight to shaping the loaf.
6. Remove the bowl from refrigerator and dump the cold dough onto floured surface. Sprinkle the dough with 1 tablespoon caraway seeds and knead to distribute the seeds.
7. Knead the dough into a smooth ball then taper the two ends for form a football shape. Place the loaf on a wooden peel or sheet pan sprinkled liberally with corn meal. (If you plan to bake in a Dutch oven see notes below)
8. Cover and leave in a warm place until doubled in size and the dough springs back slowly when poked, about 1 hour. Meanwhile, preheat the oven to 400 °F. If you have a baking stone place it in the oven to preheat.
9. Make 5 diagonal slashes in the dough with a single edge razor or very sharp knife. Brush the dough with egg white and sprinkle with another tablespoon of caraway seeds. Slide the dough onto the preheated stone or slide the sheet pan into the oven.
10. The bread is ready when the internal temperature of the loaf is 200 °F. Baking time is approximately 35 minutes.
11. Cool completely on a wire rack before slicing.