

PIERRE NURY's RUSTIC LIGHT RYE

(from Local Breads)

Levain (sourdough starter)

45 g firm sourdough starter

50 g water

95 g bread flour

5 g whole wheat flour



Mix all the ingredients until they form a stiff dough, trying to incorporate all the flour into it. Place the dough in a container, marking its level with a tape or pen. Allow it to ferment at room temperature for 8 to 12 hours, until it doubles in volume. This recipe will make more levain than used in the bread.

Bread dough

400 g water

450 g bread flour

50 g rye flour

125 g levain

10 g salt

Pour the water into the bowl of a Kitchen Aid type mixer. Add the bread and rye flours, stir with a spatula until it begins to form a dough. Cover the bowl and let stand at room temperature for 20 minutes.

Uncover the bowl, add the levain (only 125 g of it) and the salt, and start kneading with the dough hook on medium speed for 12-14 minutes, or until you have good gluten development (do a windowpane test). Transfer the dough to a slightly oiled bowl and keep it at room temperature for 1 hour. Scrape the dough into a floured surface and fold it a couple of times to induce gluten development.. Repeat the folding again after 1 more hour. After the second folding cycle, let the dough rise for 1 to 2 hours at room temperature until doubled in volume. Transfer to the refrigerator for 12 to 24 hours.

“Shaping” and baking

Remove the dough from the fridge 3 hours before baking. Heat the oven to 450F and place a baking stone (or tiles) on the middle rack. Heavily dust the counter with flour, scrape the dough onto the counter, and open it gently into a 10 inch square shape, trying not to deflate it too much. I like to mark the dimensions on the flour, to have an idea of how much to open the dough.

Transfer each piece to a rimless baking sheet covered with parchment paper, stretching the dough to about 12 inches long. Let it fall naturally, without worrying about a precise shape. If baking both loaves at the same time, separate them by at least 2 inches.

Bake with initial steam for 20 to 30 minutes, until a dark walnut color develops on the crust. Let the loaves cool on a rack for at least an hour before slicing.