

RUGBRØD - DANISH RYE

(from Karen's Kitchen Stories)

for the Rye Sour - (prepare 12 to 15 hours prior to the final dough)

300 g whole rye flour

245 g water

55 g sourdough starter at 100% hydration

Combine the ingredients in a medium bowl with a dough whisk or large spoon until you have a fully incorporated dough. Cover with plastic wrap and let sit for 12 to 15 hours.

for the Levain

103 g bread flour

103 g water

14 g sourdough starter

Combine the ingredients in a medium bowl and mix until smooth. Cover with plastic wrap and let ferment for 8 to 10 hours.

for the soaker

75 g rye chops

150 g water

Mix the ingredients in a small bowl and cover with plastic wrap. Let sit overnight at room temperature.

for the Final Dough

130 g bread flour

200 g whole rye flour

180 g water

2.5 g instant yeast

16 g salt

All of the soaker

All of the rye sour

All of the levain

15 g blackstrap molasses

4.5 g whole fennel seeds, coarsely ground

In the bowl of a stand mixer, mix all of the ingredients with the dough hook on slow for about 4 minutes, then increase the speed to medium, and mix for an additional 3 to 4 minutes. The dough will be very sticky.

Heat the oven to 475 F.

Spray a 13 inch Pullman pan with spray oil, and sprinkle it with rye flour. Scrape the dough into the pan and smooth the top. Sprinkle the top with whole rye flour. Cover the dough with the lid of the pan, and let rise for 45 to 60 minutes, until the dough reaches about 1 inch below the top of the pan.

Bake the loaf at 475 F with the lid on for 15 minutes. Reduce the oven temperature to 400 F and continue baking for 15 more minutes with the lid on.

Remove the lid and reduce the oven temperature to 325 F. Bake for an additional 45 minutes, until the bread reaches about 205 F internally (check with an instant thermometer).

Remove the bread from the pan and cool on a wire rack. Let the bread sit for 24 to 48 hours to cure before slicing (this is important to avoid a gummy crumb)