

# Rye bread

Cuisine: **Other**

Food category: **Pastry**



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## Program steps

1	Injection	10 n	20 s	100 ml		
2	Hot air	100 %	Termination by time	00:30 hh:mm	180 °C	70 %

## Ingredients - number of portions - 20

Name	Value	Unit
milk 3.5%	180	ml
water	180	ml
dried baker's yeast	7	g
plain rye flour	250	g
coarse wheat flour	190	g
salt	3	g
caraway seeds	4	g
5 tbsp vegetable oil	50	ml

## Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	78.3 kJ
Carbohydrate	16.2 g
Fat	0.3 g
Protein	1.9 g
Water	0 g

## Directions

Place dry ingredients together, careful with the salt not putting it directly on top of yeast.

Mix together adding milk and water gradually, You may not need it all.

Knead until you get soft spongy dough. Should be smooth and elastic.

Grease the dough and cover it loosely and let it proof until double the size.

Knead again and shape into oval or round shape.

Put it on tray with greeseproof paper and score few times with knife.

Let it proof again until doubled and bake in the oven.

When finished, should make a hollow sound when knocked by hand on a bottom side.

## Recommended accessories



Aluminium baking  
sheet perforated