

# Rye bread

Cuisine: Czech

Food category: Pastry



Author: Ondrej Vlcek

Company: Retigo



## Program steps

Preheating: 150 °C

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

## Ingredients - number of portions - 10

Name	Value	Unit
rye flour	250	g
plain wheat flour	200	g
milk 3,5%	170	ml
water	170	ml
dried baker's yeast	7	g
salt	3	g
caraway seeds	2	g

## 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	160.8 kJ
Carbohydrate	32.7 g
Fat	0.7 g
Protein	4 g
Water	0 g

## Directions

Mix both flours and make a well in the middle.

Pour yeast into the well and cover with lukewarm milk.

Add salt, not directly to the yeast, but around the flour together with all the caraway.

Mix while gradually adding water to a soft, smooth, elastic dough, it is possible that we will not use all the water.

Let it rise until doubled in size.

Knead again and shape into an oval or round shape. Place the loaf on a floured baking sheet or baking paper and let it rise again until it doubles its volume.

Place in a preheated convection oven and bake according to the program.

When you tap the underside of the bread after baking, it should make a hollow sound.

## Recommended accessories

