



Bread Machine & Baking Videos with Ellen Hoffman

Rye Bread

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This recipe is my pride and joy. It took me many tries to get it just right.

Use for Loaves or Canape Molds

(2 pound) loaf

Make in a 2-pound capacity bread machine or on dough course.

- 1 1/3 cups (287 grams) water
- 1 1/2 tablespoons (22 grams) grape seed oil
- 1 tablespoon packed (10 grams) brown sugar
- 2 (12 grams) teaspoons salt
- 1 cup (141 grams) dark rye flour
- 3 cups (404 grams) bread flour
- 32 g caraway seeds plus more for pan and top
- 2 teaspoons (6 grams) SAF instant yeast (red and white package)
- Ingredients for just before baking,
- 1 egg to make egg wash
- Caraway seeds and cornmeal to sprinkle on egg wash

Set bread machine on basic or white or use dough cycle.

Put ingredients in according to your bread machine's directions.

Set for dough cycle. My machine is liquids, flours, sugar, salt, yeast. I sprinkle part of the seeds on each side. . I make a well for the yeast away from sugar and salt and seeds.

Before dough is ready, prepare a 2-pound loaf pan. Take dough out when dough cycle is complete, and reshape on floured or slightly oiled board.

Spray nonstick spray in pan. Sprinkle with caraway seeds and a little bit of cornmeal. Put dough in pan of choice and let rise in a warm place for 45 minutes. (I turn on my oven for one minute at lowest temp, and turn it off and then put dough inside. I don't cover it.)



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When dough has risen, take it out of the oven. Preheat oven to 375 degrees. Gently brush top and sides of dough with 1 beaten egg + a bit of water. Sprinkle more caraway seeds first and then a tiny sprinkling of cornmeal. (If you do cornmeal first, the seeds will all fall off!) Bake for 35-40 minutes, until an internal temp of 190-200 degrees has been reached. The crust should be nice and crispy! Freezes and toasts great!