Sourdough Rye (70%)

Amount 1 loaf, about 1 kg
Time Overnight + ~3 hours

Ingredients

- Rye sour (night before):
- 200 g fresh-milled rye flour, fine
- 200 g warm water (sour)
- 20 g sourdough starter
- Dough:
- 150 g fresh-milled rye flour, fine
- 150 g fresh-milled hard white flour
- 190 g warm water
- 10 g salt
- 1-2 tsp caraway seeds (optional)

Steps

1. Night before: mix rye, water, and starter for the sour. Cover and leave at room temperature 12-16 hours.
2. Mix all the sour with the remaining ingredients into a sticky paste, about 5 minutes with a spoon or mixer on low. Don't try to knead it like wheat.
3. Rest 30 minutes.
4. With wet hands, shape into a tight round or oval. Dust with rye flour. Proof on parchment inside a bowl or skillet for support (or in a greased 9x5 loaf pan).
5. Proof 1-1.5 hours, until small cracks show on the surface. Don't overproof.
6. Preheat Dutch oven at 475 F. Lift loaf in on the parchment. Bake 20 minutes lid on, then uncover, drop to 425 F, and bake 30-40 minutes more, until center reads about 205 F.
7. Cool completely, wrap, and wait 12-24 hours before slicing.

Notes

Without a Dutch oven, bake at 475 F with steam for 15 minutes, then 425 F for 35-45 minutes.