

RYE POWER BARS WITH DRIED FRUITS, ROASTED NUTS, AND CHOPPED CHOCOLATE

Rye Power Bars are made using the Rye Miche dough. They provide an explosion of flavor, they keep well, and for sure they are the only power bar you'll ever need!

1. **DRIED FRUITS.** Chop dried fruits of your choosing into pieces no more than 3/8" (1 cm) in any direction. Dried apricots, figs, prunes, golden raisins, and cranberries or cherries are all suitable choices. I generally just use two, but follow your own instincts and use however many you wish.
2. **CHOCOLATE.** Chop chocolate at about the same size as the fruits. Any good chocolate can be used; I personally like a chocolate that is not overly bitter, because I quite enjoy the interplay between the sour rye flavor and the contrasting hit of slightly sweet chocolate. As with the fruits, let your taste buds lead the way.
3. **NUTS.** Roast nuts of your choice. I use almonds and hazelnuts in the class, but cashews, walnuts, pecans, and pistachios are also good choices. If using hazelnuts, rub the skins off once they have cooled.
4. **MIXING.** The weight of the combined fruits, nuts, and chocolate is equal of the weight of the flour in the dough--not the dough weight.
I use an equal weight of chocolate, roasted nuts, and dried fruits, but this ratio is of course optional. Allow the Rye Miche to bulk ferment for 30 minutes before mixing in the additions. For small batches, it is easy to incorporate them by hand. With a mixer, use the paddle attachment. Once incorporated, roll the dough into a slab about 1" (2.5 cm) thick, and cut sticks at 8" X 1.5" (20 cm X 4 cm).
4. **FINAL FERMENTATION.** About 60 minutes. Due to the sugars, the dough will not rise as rapidly as the Rye Miche. Baking while they are still slightly under-risen improves the keeping quality.
5. **BAKING.** Bake in a steamed oven at 430F (220C) for about 30 minutes. If they are darkening too quickly, lower the oven accordingly. Once cool, they are ready to eat.