

100% RYE, NGGA testing

Pre-fermented flour = 35%

DOUGH YIELD: 4.200 Kg

Sourdough

Whole rye	0.817 Kg	100.0 %
Water	0.678 Kg	83.0 %
Culture	0.082 Kg	10.0 %
TOTAL	1.576 Kg	193.0 %

OVERALL FORMULA

Whole rye	2.333 Kg	100.0 %
Water	1.820 Kg	78.0 %
Salt	0.047 Kg	2.0 %
Total	4.200 Kg	180.0 %

FINAL DOUGH

Whole rye	1.517 Kg
Water	1.142 Kg
Salt	0.047 Kg
Sourdough	1.495 Kg
Total	4.200 Kg

Method:

Approximately 16 hours before the mix, disperse the sourdough culture into the water, add the rye flour and mix till smooth. Cover with plastic and leave at room temperature to ripen.

Mix the final dough by adding all the ingredients to the mixer. Mix on first speed for 10--12 minutes with a paddle. Scrape walls and paddle as necessary.

Desired dough temperature: 84F.

Bulk fermentation 30 minutes.

Scale at 1 Kg. Shape round and place seam side up in floured bannetons.

Bake in a steamed oven, 260C (500F) for 10 minutes, 235C for about 40--50 minutes more.