



A New York Bakers Recipe

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German Farmhouse Rye Bread (Bauernbrot)

Yield: Two 1.7 lb./765 g. loaves

Sour Sponge:

Ingredient	Grams	Ounces	Volume	Baker's Percentage
Medium rye flour	325	12.50	3½ cups	100%
Warm (105°F/40°C) water	325	12.50	1¾ cups less 4 tsp.	100%
Rye sour culture	35	1.25	3 Tbs	15%

1. Combine the rye flour, sour and water in a bowl. Cover and let stand overnight.

Dough:

Ingredient	Grams	Ounces	Volume
Rye sour sponge from above	23.50	685	3⅓ cups
Whole wheat flour	7.00	200	1⅔ cups
AP or bread flour, unsifted	7.00	200	1½ cups
Instant yeast	0.25	7	1¾ tsp
Warm (120°F/50°C) water	3.00	85	2 cups
Table salt	0.63	18	1 Tbs
Ground caraway seed	0.21	6	2 tsp
Ground coriander seed	0.21	6	2½ tsp

2. Add the flours, yeast and water to the sour sponge and mix either by hand or with the flat blade of a stand mixer at low- (KA 2) speed until the dough is evenly blended, 2-3 minutes. Add the salt and spices and continue mixing for another 2-3 minutes.



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Bauernbrot – page 2

3. Turn the dough out onto a well-floured work surface and knead it until smooth and elastic, 3-4 minutes. Place in a bowl, cover with plastic wrap or a damp tea towel and let rise for 1 hour, until a finger pressed into the dough leaves an indentation that doesn't spring back.
4. Divide the dough in two and form into round boules or football-shaped oblongs. Flour the top surfaces and place in unlined rattan brotforms, or on a cornmeal-dusted peel or proofing board. Cover loosely with a damp tea towel and proof until the loaves nearly double in size, 60-90 minutes.
5. About 1 hour before bake time, preheat your oven to 400°F/205°C, with the baking surface in the middle and a steam pan on a lower shelf.
6. Add 1½ cups/12 oz./340 ml. of boiling water to the steam pan and close the oven door to allow steam to accumulate. If using brotforms, upend the loaves onto a cornmeal dusted peel. Brush with water and make 10-12 holes on each loaf with a toothpick, skewer or slender bamboo chopstick.
7. Bake for 10 minutes and reduce heat to 350°F/175°C. Continue baking for another 65-70 minutes, until the loaf reaches an internal temperature of 200°F/95°C. Remove to a rack and let cool for at least 4 hours, preferably overnight, before cutting.