



A New York Bakers Recipe

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Old-School Jewish Deli Rye

Yield: Two 1½ lb./680 g. loaves

Sour Sponge:

Volume	Ingredient	Ounces	Grams	Baker's Percentage
1 Tbs	Wheat or Rye Sour	0.50	15	2%
1/3 cup	White Rye flour	2.50	70	9%
3 Tbs	Warm (90°F/32°C) Water	2.00	55	7%

- Combine all ingredients in a glass, plastic, porcelain or stainless steel bowl, cover with a saucer and allow to stand in a warm, dark place for 5-6 hours, until it has increased in bulk and has a fresh, sour smell. Add:

½ cup	Sour from above	5.00	140	18%
1½ cups	White rye flour	9.00	255	32%
¾ cup + 2 tbs	Warm (90°F/32°C) water	7.00	200	25%

- Add flour and water to sour from Step 1 above and let ferment for 4-5 hours, until bubbly, then refrigerate overnight.

Dough:

3 cups	Sour sponge from above	21.00	600	75%
4 cups	First clear or high gluten flour	17.00	480	61%
1¾ cups – 2 Tbs	Warm (108°F/42°C) Water	10.00	285	36%
1¼ tsp	Instant yeast	0.20	5	1%
2¾ tsp	Table salt	0.625	15	2%
1 Tbs	Ground caraway seeds	0.50	15	2%
4 Tbs	Caraway or nigella seeds for topping (optional)	2.00	55	–



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3. Add the warm water to the sour, stirring to blend. In a mixing bowl, combine wheat flour, yeast, salt, ground caraway and 2tbs/1oz/28g of the seeds (if using) and blend, using a whisk if by hand, or the flat paddle of a stand mixer. Add sour/water mixture and continue mixing by hand or with flat paddle until the dough is smooth and firm.
4. Switch to dough hook and knead another 6-8 minutes, until the dough is smooth and firm. Place in a bowl and cover with a damp tea towel or plastic wrap until doubled in bulk, approximately 60 minutes.
5. Preheat oven to 375°F/190°C. Turn dough onto your work surface and degas it thoroughly. Divide it into two pieces and roll into balls. Press the dough into a flat oval and roll it towards you, jelly-roll style, into a football shape with rounded ends.
6. Set the loaves seam-side down on a proofing board, peel or parchment paper that has been generously dusted with cornmeal. Cover with a damp tea towel and allow to rise until they reach 1½ times their original bulk, 60 minutes or less, and a finger poked gently into the surface leaves a dent. Brush or spray lightly with water and sprinkle on seeds, if using.
7. Put 1 cup/8 oz./227 ml. of boiling water into the steam pan, slash the loaves two or three times crosswise and slide them onto the stone. After 3 minutes, add another cup of boiling water to the steam pan.
8. Bake for an additional 15 minutes, turn the loaves for even browning and bake for another 20-30 minutes, until the crust is a deep golden brown and the loaves sound hollow when tapped on the bottom.
9. Transfer the loaves one at a time to a rack and immediately brush with cornstarch glaze (1 Tbs cornstarch in 1 cup boiling water), if desired. Let cool for at least one hour before slicing.