



# A New York Bakers Recipe

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## *German Sour Rye (Sauerteig Roggenbrot)*

**Yield:** Two 30 oz./850 g. loaves.

### ***Sour Sponge:***

<b>Volume</b>	<b>Ingredient</b>	<b>Ounces</b>	<b>Grams</b>	<b>Baker's Percentage</b>
2½ cups	Bay State fine or medium rye meal	17.60	500	50%
¾ cup	Buttermilk	6.10	170	17%
4 tsp	Caraway seed	0.30	10	1%
1½ cups	Water	12.00	340	33%
1½ Tbs	Rye sour	0.70	20	2%

1. Combine the sponge ingredients and mix well. Cover loosely and let stand 24 hours.

### ***Dough:***

4 cups	Sponge from above	36.70	1,040	103%
1¾ cups	Fine rye meal	11.75	333	33%
1¼ cups	Cracked wheat or coarse bulgur	5.89	167	17%
1½ tsp	Table salt	0.35	10	1%
1 cup	Water	8.00	225	25%
¼ cup	Sunflower seeds (optional)	1.23	35	4%
¼ cup	Sesame seed (optional)	1.23	35	4%
¼ cup	Flaxseed (optional)	1.41	40	4%

2. Combine the sponge, rye meal, cracked wheat, table salt and water and mix well. Cover with plastic wrap and set aside to ferment for another 12-24 hours.



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3. Turn the dough out onto a well-floured work surface and knead the dough until smooth and compact, kneading in seeds as desired.
4. Divide the dough in two, shape into oblongs and put each into a well-greased large (9"x5"/23x13 cm.) loaf pan. Cover the pans with aluminum foil and set aside to proof for approximately 2 hours.
5. Place pans in a cold oven, set heat to 425°F/220°C, and bake for 1 hour. Remove foil and bake for another 1 hour.
6. When done, remove the breads from the oven and allow them to cool in the pans for at least 10 minutes. For best flavor and texture, let the loaves rest for 2-3 days before cutting.