

New York-style Rye Sourdough

Rating (01-10): 06

Hours to prepare: 18

Leaven type: Sourdough Starter

Recipe Source: 'How To Make Sourdough' (Author: Emmanuel Hadjiandreou) – p.60

Bread Volume: Makes one 800g loaf

of Times Baked: 1

Last Time Baked: March 12, 2017



Special Notes:

I'm not sure that I purchased the intended dark rye flour, but I ended up going to Nature's Pantry and buying Burnt Cabins Whole Rye Flour (Stone Burr Ground).

My first attempt at this bread resulted in a very heavy, dense loaf – perhaps this was what the original author of the recipe intended as a New York-style?

I also overcooked the loaf, with the bottom being slightly burned.

So, next time, make the following changes:

1. Let it proof a little longer
2. Don't cook it as long

Special Tools:

- Baking stone
- Pizza peel
- Sharp lame, Exacto knife, or serrated blade

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Water (90°F)	325g	60
Sourdough Starter	27g	5
Dark Rye Flour	200g	37
White Bread Flour	340g	63
Salt	11g	2
Caraway Seeds	5g	1

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Night Before Baking:

MIX THE DOUGH

1. In a medium mixing bowl, mix together the white flour, rye flour, caraway seeds, and salt

2. In a large mixing bowl, thoroughly dissolve the sourdough starter with about 75% of the water
3. Add the dry mixture to the wet mixture, combining thoroughly by hand
4. If mixture seems too dry, add small amounts of the remaining 25% water until the mixture comes together & is slightly sticky
5. Cover with a small mixing bowl and let stand for 10 minutes

KNEAD THE DOUGH

1. Keeping the dough in the bowl, flatten out the dough with knuckles
2. Knead the dough in the bowl
 - a. Lift & stretch one side of dough and fold it into the middle and press seam with knuckles
 - b. Turn bowl 90 degrees and repeat the folding/seaming process
 - c. Continually turn the bowl 90 degrees and perform the fold/seam for a total of 10 folds
 - i. <if the dough is too sticky, dip your fingers in flour each time you knead>
 - ii. <if the dough is a bit dry, dip your hand in water each time you knead>
 - d. Turn the dough ball over in the bowl
 - e. Cover with the small mixing bowl and let rest 10 minutes
3. Repeat kneading process (Step-8) 3 additional times (for a total of 4)
4. Cover the dough and let it rise overnight in a cool location (NOT in the refrigerator though)

Directions – Baking Day:

SHAPING THE DOUGH

1. Place dough on a lightly floured dough board
2. Lightly flour the top of the dough
3. Flatten the dough slightly with your palm
4. <through the following steps, target the loaf to fit in the container>
5. Take the top edge of the dough and fold it over slightly to make the top edge straighter – press seam
6. Take both corners of the top side of the dough and stretch them out slightly
7. Take the top right corner and fold it into the middle of the dough – repeat with the top left corner – the top of the dough will look triangular
8. Take the point of the ‘triangle’ and fold it back over the middle of the dough – press seam
9. Elongate the top corners of the dough again
10. Fold the elongated top corners back into the middle of the dough again – once again forming a triangular shape at the top
11. Once again, take the point of the ‘Triangle’ and fold it back over the middle of the dough – press seam

12. Roll the dough towards you so seam is on the bottom
13. Use the tips of your fingers to straighten and tighten the roll of dough
14. Press both sides of the top and bottom of the loaf to create a slightly more tapered shape
15. Let the shaped loaf rest a 1-2 minutes
16. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
17. Liberally apply rice flour mixture to the container being used for Final Rise (directly on banneton and on a towel that will line a bowl)
18. Using bench knife, move the dough into the banneton or bowl so that the smooth side is down
19. Gently flatten & manipulate the dough so that it fits uniformly in the banneton
20. Cover the dough and let it proof for 2-6 hours, until it has nearly doubled in size (after two hours, regularly test the dough to see if proofing has completed - use finger test)

BAKING THE BREAD

21. After the dough has been adequately proofed, place the dough in the refrigerator for 30 minutes in order to stabilize the dough
22. Place the baking stone, along with a pan at lowest level (for ice), in the oven and pre-heat to 500°F
23. Once the oven is pre-heated and the dough has been in the refrigerator for 30 minutes, prepare the loaf for baking
 - a. Dust the pizza peel with cornmeal
 - b. Inverting the basket, carefully turn the dough onto the pizza peel
 - c. Score the dough with a sharp lame to the desired design
 - d. Slide the dough onto the baking stone
 - e. Place lots of ice in pan at lower level
 - f. Close oven door quickly
24. Bake for 30-40 minutes, but make sure not to overbake
25. Remove bread from oven and cool on wire rack