

## Sue Trainor's Seeded Rye Bread

**Rating (01-10):** 09

**Hours to prepare:** 05

**Leaven type:** Dry Yeast

**Recipe Source:** Sue Trainor (as taught to her by Susanne Loehmann-Fries in Underberga, Sweden)

**Bread Volume:** Makes 2 loaves

**# of Times Baked:** 1

**Last Time Baked:** February 4, 2021



## Special Notes:

Here are some considerations from the first time I tried this bread:

- Sue didn't actually have a recipe – she always starts with 475 mls of warm water and then adds the additional ingredients, with quantities based on her past experiences and her feel for the dough
- Sue typically uses Hodgson's Mill Rye Flour (and if unavailable, has used King Arthur Specialty Rye Flour), but indicated one could try Whole Wheat flour in its place if unable to locate good rye flour
- Although Sue doesn't actually have a recipe, she took her best shot at describing the quantity of ingredients and the procedure she uses (that's what is described below)
- Sue prefers to use a stand mixer with a dough hook
- Sue often mixes a large batch of the seed mix and stores the excess in the refrigerator or freezer

## Special Tools:

- Stand mixer
- Bread pans (2)

## Ingredients:

### SEED MIX

- Unsalted sunflower seeds (roasted or raw)
- Millet
- Sesame seeds
- Light & dark flax seeds
- <should we try caraway seeds sometime -?>

### INGREDIENT

### QUANTITY

Warm Water (almost Hot)	475 ml
Powdered yeast	4 tsp
Honey	1/4-1/2 Cup
Egg	1
Coarse Rye Flour	1 - 1-1/2 Cups
Seed Mix	1 Cup
Salt	4 tsp
Unbleached Bread Flour	1 Cup (plus some excess to adjust dough consistency)

## Directions – Baking Day:

The entire prep and baking process takes only 4-5 hours as follows:

1. Combine the various seeds to make the desired seed mix
2. In a stand mixer, pour 475 ml of warm (almost hot) water
3. Add the honey and yeast
4. Let this mixture sit a bit until it becomes somewhat foamy
5. Add the egg, rye flour, seed mix, salt and ~1-1/4 cup of the bread flour
6. Start the mixer, looking for the dough to ball itself away from the sides of the bowl and onto the hook – add small quantities of bread flour until the dough reaches the desired consistency (slightly sticky, but not enough to stick to you) – I found I needed to add significant bread flour in small increments
7. Let the mixer thoroughly knead the dough for 5-10 minutes
8. Place the dough in a non-metal, oiled bowl and roll the dough around so that it is all oiled
9. Cover dough with a flattened plastic bag and then cover with a kitchen towel
10. Let it rise until it is almost double in size (1-2 hours)
11. Cut the dough in half and shape each half into an oblong loaf
12. Place formed dough balls into greased baking pans
13. Cover both loaves with plastic and, on top of that, the kitchen towel
14. Let it rise again for about an hour
15. Preheat oven to 350°F
16. Once dough is ready, remove covers and place in oven for about 50 minutes
17. Once baked, remove from oven; and wrap each loaf in a clean kitchen towel while it cools to keep the crust from getting too hard