

Home-made 100% Rye Bread

- 4 1/2 cups rye flour, sifted
- 4-6 Tbs. lukewarm water
- 3 cups white flour, sifted use soy flour if gluten intolerant
- 1 1/2 Tbs. salt
- 1 1/2 cups lukewarm water
- 1 Tbs. honey
- 1 egg white, beaten

Yeast mixture:

- 1/2 oz. dry yeast
- 1/2 cup lukewarm water
- 2 Tbs. sugar
- 1/2 cup flour

Mix 1/4 cup of rye flour with 2 to 3 Tbs. of water, enough to make a stiff paste, in a small saucepan. Cover tightly and leave 24 hours in a warm quiet corner of the kitchen. It will be sour and fermented when you uncover it. Add 2 to 3 Tbs. of water and 1/4 cup of rye flour. Stir until smooth. Cover pan and let stand another 24 hours.

Prepare yeast mixture (see above). Dissolve the yeast in water. Stir in sugar and flour until smooth. Cover and let rise until bubbly and doubled in volume.

Combine the remaining 4 cups of rye flour, the white flour and salt in a large bowl. Add sourdough & yeast mixture and work into a stiff dough. Add 1 /2 cups water & honey. Turn out onto board & knead thoroughly. Cover & let raise about 1/2 hour. Punch down and knead into smooth ball. Cut in half and knead each half into a smooth round loaf. Set on greased baking sheet and let raise until doubled. Brush with beaten egg white and bake at 350° F for about 1 hour.