

Sourdough Rye Bread

Ingredients

- 1 cup sourdough starter
- 1 cup warm water
- 2 cups rye flour
- 1 package active dry yeast
- 1/4 cups warm water
- 4 - 6 cups all-purpose flour
- 2 teaspoons salt
- 2 tablespoons butter, melted
- 2 tablespoons granulated sugar
- 1/8 cup orange juice
- Cornmeal
- 1 egg, lightly beaten with 1 tablespoon water (optional)

Instructions

The day before preparing the dough, combine 1 cup of starter, the rye flour, and 1 cup warm water in a bowl. Cover with plastic wrap and let stand at room temperature overnight.

The next day stir down the dough.

Add the yeast which has been proofed in 1/4 cup warm water, to the rye starter. Add the salt, melted butter, and sugar.

Then add up to 4 cups all-purpose flour, 1 cup at a time, to make a stiff but workable dough. Knead for 10 to 12 minutes, and then shape into a ball.

Place the ball in a buttered bowl, turning to coat the dough with the butter. Cover and let rise in a warm, draft-free place until doubled in bulk for about 2 hours.

Preheat oven to 375°F.

Punch down and divide the dough in half. Shape into two round loaves and place on buttered baking sheets generously sprinkled with cornmeal. Or place in 8 ½" x 4 ½" buttered loaf pans, Sprinkle bottoms of buttered pans with cornmeal first.

Cover and let rise again until doubled in size, about 1 hour. Brush with the egg wash, if desired.

Bake for 30 minutes, or until lightly browned and the loaves sound hollow when rapped with your knuckles. Cool, covered with towels to prevent the crust from hardening.

Yield: Two loaves