

Dark Rye Bread

Posted on Sep 17, 2010 ~ Revised January 2022



- 2 tsp instant yeast (SAF)
- 1 cup warm water
- 3 cup rye flour
- 4 cups whole-wheat flour (may reverse the ratio for darker rye bread)
- 2 Tbsp cocoa pdr (for color, may skip)
- 2½ tsp salt
- 2 TBSP honey or molasses
- 1 tsp caraway seeds (may also use fennel and anise)
- 2 TBSP each vinegar & oil
- Another cup warm water

Mix wet ingredients in bowl and then add the dry. Gradually add the last cup of water to make the stiff dough soft. Knead 4-5 minutes. Rye dough is stickier than whole wheat. May rise once or twice. Makes 2 loaf pans or 3 free form loaves. Bake at 350° about 50 minutes, or until 200 degrees with instant thermometer. May add 1 cup raisins and increase the honey by a TBSP if preferred