



Simple Whole Grain Rye Bread Loaf

Ingredients (for a loaf pan 22cm x 10cm x 10 cm):

- 400g rye flour
- 215g whole wheat flour
- 460g water
- 80g low-fat quark (curd cheese)
- 75g whole milk
- 42g sourdough starter
- 13g salt
- optional: seed mixture of pumpkin seeds, sunflower seeds, and sesame seeds
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Instructions:

Mix all the ingredients together until you achieve a cement-like consistency and place the mixture into a loaf pan lined with parchment paper. Allow the dough to mature for about eight hours at 24°C (75°F). If the temperature is around 23°C (73°F), it will need about nine hours, and at 20-22°C (68-72°F), it will take around 10-12 hours (pay more attention to the dough's appearance, as it should roughly double in size and reach the edges of the loaf pan).

Before baking, sprinkle the seed mixture onto the dough and then place it in the oven at 240°C (465°F) with both top and bottom heat for ten minutes. Reduce the temperature to 220°C (430°F) and continue baking for about 50 more minutes.