



Rye bread with coriander and cumin



Ingredients

1.5g sour dough powder
(from the health food shop)
100g coarse rye meal
100ml water, lukewarm
275ml water, lukewarm
1.5g yeast
200g yoghurt
250g wheat flour
250g rye flour
1.5g salt
20g coriander, coarsely
pestled
5g cumin, coarsely pestled
25g butter, soft

Preparing

Mix the sour dough powder with the rye meal and 100ml of water and leave overnight. The following day, mix 210g of the resulting mass with 175ml of water, the yeast and yoghurt. Add in the two types of flour, salt and the herbs and spices and knead in a food processor for 5 minutes on a low setting. Add in the butter and knead for another 5 minutes on a faster setting. Cover the dough and leave to rise at room temperature for 1 hour. Knead again and divide into two parts. Form loaves and leave to rise for 30 minutes. Brush with a little water, sprinkle with coriander and cumin and bake in the oven for 45 minutes on the Hot Air setting at 210 °C.

Anrichten

Cooking level

After preheating

45 minutes | Hot Air 210 °C