



Rustic Polish Dark Loaf

From: Kevin Schokora

Prep Time: 20 min

Serves: 10+

Cook Time: 24-48 hours

Instructions

- 1) Make the scald. In a large bowl combine the salt and boiling water. Mix to dissolve the salt. Add the cracked rye and mix until all of it is hydrated. Cover and leave for 12 – 16 hours.
- 2) Make the dough. Add the remaining cracked rye to the scald and mix thoroughly.
- 3) Press the dough into a greased baking tin ensuring it reaches all the edges and corners. Smooth out the surface. Brush with oil and cover with baking paper and a lid or aluminum foil.
- 4) Place the tin in a cold oven. Switch it on to 150C (300F) fan off and leave to heat up for 1 hour.
- 5) Turn the temperature down to 105C (220F) and leave to bake for another 23 hours.
- 6) Remove the loaf from the tin and leave to cool down for a few hours.
- 7) Wrap in plastic and leave to mature for 24 – 48 hours.

Ingredients

For the scald –

- 750g (1.65lb) cracked rye
- 770g (1.69lb) boiling water
- 12g (0.42oz) salt

For the main dough –

- 350g (0.77lb) cracked rye

Notes

