JEWISH DELI RYE

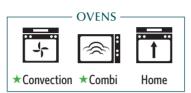
Any deli worth its salt uses a great loaf of this style of rye for making many sandwiches. The bread has the flavor punch to complement rich and smoky deli meats and a structure that's ideal for securely enclosing often-generous sandwich fillings. A rye levain is used to amplify the rye flavor, while instant yeast expedites leavening. Caraway seeds are a common addition to Jewish rye, although if you like, you can omit them entirely or replace them with nigella seeds.











YIELD / SHAPES			
1 lg loaf	2 sm loaves		

	INGREDIENTS	WEIGHT	VOLUME	%
1	Whole milk, cold	190 g	²/₃ cup	34.55
	Water	160 g	¾ cup	29.09
	Instant dry yeast	9 g	1 Tbsp + ¼ tsp	1.64
2	Bread flour	550 g	4 cups	100
	Liquid rye levain, mature see page 3·54	220 g	1 cup	40
	Canola oil	30 g	3 Tbsp	5.45
	Fine salt	14 g	21/4 tsp	2.55
3	Whole caraway or nigella seeds	14 g	2 Tbsp	2.55
	Vegetable oil	as needed		
	Yield	~1.12 kg		

NET	CONTENTS	

Ingredients	Weight	%
Bread flour	550 g	84.62
Light rye flour	100 g	15.38
Water	427 g	65.69
Fat	36 g	5.54
Salt	14 g	2.15
Sugar	$9.6\mathrm{g}$	1.48
Yeast	9 g	1.38

For salt, flours, substitutions, and other notes, see pages viii-xi.

	ME

		PROCEDURE		NOTES	active/inactive
MIX	by machine	combine ① in mixer's bowl, and stir to dissolve yeast; add ②, and mix on medium speed to full gluten development; add ③, and mix on low speed until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap		see Machine Mixing options, page 291, and Gluten Develop- ment, page 3·89	14-18 min
BULK FERMENT		1 h total; 1 book fold after 30 min, 30 min rest after fold		see Folding, page 3·128; prepare loaf pans, page 287	1 min/1 h
DIVIDE/SHAPE	divide	lg loaf	sm loaf	see How to Divide Your Dough,	0–1 min
		1 kg	500 g	page 3·136	
	shape	oblong bâtard	oblong bâtard	see How to Preshape and Shape a Bâtard, page 3·154; shape rectangle to fit pan width; roll up to fit in the loaf pan; close seam; place seam side down in the loaf pan	2-3 min
FINAL PROOF	27 °C / 80 °F 65% RH	3⁄4-1 h	3⁄4-1 h	brush the dough with oil before proofing, see Final Proofing Meth-	1-2½ h
	21°C/70°F	1-1½ h	1-1½ h	ods, page 3·212, and Calling Proof, page 3·220	
SCORE		3 diagonal scores across the top		see Scoring, page 3:230	5-8 s
BAKE see White Sandwich Bread Baking Times and Temperatures, page 293; allow to rest in the pan for 5 min, then remove to a wire rack to cool completely			30-40 min		

TOTAL TIME by machine $5 \min 8 s/4 h 28 \min$

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