

ingredient variation

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.



TOTAL TIME

Active 5 min 8 s  
Inactive 4 h 28 min

DDT

24-26°C /  
75-78°F

DIFFICULTY

Easy:  
mixing, shaping

Ovens

★ Convection ★ Combi Home

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	2¼ tsp	2.55
③ Whole caraway or nigella seeds	14 g	2 Tbsp	2.55
Vegetable oil	as needed		
Yield	~1.12 kg		

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

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 g	1.48
Yeast	9 g	1.38

GENERAL DIRECTIONS				TIME
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 Development, 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 1 kg	sm loaf 500 g	0–1 min
	shape	oblong bâtard	oblong bâtard	2–3 min
FINAL PROOF	27 °C / 80 °F 65% RH	¾–1 h	¾–1 h	1–2½ h
	21 °C / 70 °F	1–1½ h	1–1½ h	
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