

master recipe

PUMPERNICKEL

The characteristic deep brown color of pumpernickel bread is traditionally achieved through an element required of so many great loaves: time. A quintessential German bread from the Westphalia region, pumpernickel was originally made with rye only, both coarse flour and soaked grains. (Nowadays, wheat flour is often added, as in our recipe, to provide more structure and lighten the crumb.) The density of that traditional dough required long baking at a

low temperature to allow heat to evenly penetrate. Such low and slow heat (our loaf bakes for 16 hours, most of that time with the oven off) triggers Maillard reactions (see page 2-315), which not only darken the bread but also deepen its flavor. If that long baking time sounds daunting, you can steam and then bake the bread for less time, which will produce a lighter-colored, more mild-tasting loaf.

TOTAL TIME  Active 1 min Inactive 34 h 35 min	DIFFICULTY  Easy: mixing, shaping, baking	Ovens  ★Deck ★Pizza ★Home Combi Convection	YIELD / SHAPE  1 Pullman loaf
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INGREDIENTS	WEIGHT	VOLUME	%	NET CONTENTS
For the Rye Berries				Ingredients
Water	370 g	1¾ cups	205.56	Rye flour
Rye berries	180 g	1 cup	100	Bread flour
For the Dough				Water
Liquid rye levain, mature see page 3-54	730 g	3⅓ cups	140.38	Salt
Soaked rye berries	550 g	all from above	105.77	
Cracked rye	290 g	2 cups	55.77	
Bread flour	290 g	2 cups	55.77	
Pumpernickel flour	230 g	2 cups + 2 Tbsp	44.23	
Fine salt	17 g	1 Tbsp + 1 tsp	3.27	
Yield	~2.00 kg			

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

GENERAL DIRECTIONS

PROCEDURE			NOTES	TIME
				active/inactive
PREP	soaked rye berries	boil the water, and pour over the rye berries; place in an airtight container, and soak for at least 1 d at room temperature		1 d
MIX	by hand*	combine all ingredients in a bowl, and mix with one hand, using a squeeze-and-release motion, to a firm homogeneous paste; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Hand Mixing, page 3-116	8 min
	by machine*	combine all ingredients in mixer's bowl, and mix on medium speed to a firm homogeneous paste; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Machine Mixing options, page 451	5 min
BULK FERMENT		2 h total; no folds; keep covered throughout	see Bulk Fermentation, page 3-126; prepare the baking pan	2 h
SHAPE	shape	Pullman loaf	with wet hands, push dough into the pan, and smooth the top; dust with dark rye flour, and cover with the lid	1 min
FINAL PROOF	13 °C / 55 °F	14 h	see Final Proofing Methods, page 3-212	12–16 h
	4 °C / 39 °F	12–16 h		
BAKE		see Pumpernickel Baking Times and Temperatures, page 452	initial time is 30 min, with a 16 h carryover baking time	16½ h
TOTAL TIME	*Choose by hand or machine			by hand 9 min / 34½ h by machine 1 min / 34 h 35 min