

STEP 3 OPTIONS: Machine Mixing



Planetary Mixer

Weight:

12 qt bowl: 4–6 kg maximum; multiply this recipe by 4, but do not exceed 6

20 qt bowl: 6–8 kg maximum; multiply this recipe by 6, but do not exceed 8

Mix: **combine all ingredients. Mix** on medium speed to a homogeneous mass, 5–7 min.



Stand Mixer

Weight:

4.5 qt bowl: 1–1.25 kg maximum; multiply this recipe by 1.25

8 qt bowl: 1.5–1.75 kg bowl maximum; multiply this recipe by 1.5, but do not exceed 1.75

Mix: **combine all ingredients. Mix** on medium speed to a homogeneous mass, 5–7 min.

TECHNIQUE VARIATION:

Hand Mixing

- 1 Sprout the rye berries at least 48 h before mixing the dough (see page 2:372).
- 2 Toast the sunflower seeds, flaxseeds, sesame seeds, and pumpkin seeds.
- 3 Combine all ingredients in a mixing bowl. Mix with one hand, using a squeeze-and-release motion until the dough is a firm homogeneous paste, 6–7 min.
- 4 Transfer to a lightly oiled plastic tub, and cover with a lid.
- 5 Follow steps 5–15 for Machine Mixing, page 401 and below.

SCORE



- 11 Make a single score along the top of the loaf (see page 3:230).

BAKE

- 12 See Whole-Grain Loaf Baking Times and Temperatures table, below.

This is a dense bread that you need to bake to a higher-than-usual core temperature to ensure it is baked through. We suggest a core temperature of 98–100 °C / 208–212 °F. Once it reaches that temperature, continue to bake the loaf for 10 min more. After the bread is baked, remove it from the pan, and allow it to cool completely. Once cool, allow it to cure for 24 h at room temperature by wrapping it tightly with plastic wrap or aluminum foil. This curing is essential to making sure that the bread will hold its shape and can be sliced cleanly rather than crumbling. We recommend using a Danish bread slicer (see page 430) to get the cleanest, most even cuts.

COOL

- 13 Remove the bread from the pan, and allow it to cool down completely.
- 14 Wrap it well with plastic wrap or aluminum foil, and allow it to cure for 24 h at room temperature wrapped in plastic or aluminum foil once it cools down.
- 15 Consume the bread within 3 d, or freeze for up to 2 mo.

Whole-Grain Loaf Baking Times and Temperatures

Type of oven	Baking temperature	Bake time
home	220 °C / 425 °F	1 h 25 min–1 h 35 min
convection	205 °C / 400 °F, lowest fan speed	1 h
deck	230 °C / 450 °F, with steam	1 h 15 min–1 h 20 min

