

MOURAD'S CARAWAY RYE BREAD



DIRECTIONS

1. In a large bowl, stir together bread flour, 3 tbsp caraway seeds, sugar, salt & yeast. Stir in water and cider vinegar until completely combined.
2. Loosely cover with plastic wrap and let rise at room temp for 2 or 3 hours or until dough has doubled in size.
3. Stir rye flour into dough. Refrigerate for 3 to 4 hours or preferably overnight.
4. Preheat oven to 450 degrees Fahrenheit.
5. On a well floured work surface and with floured hands, shape dough into an oblong loaf roughly 12 inches long and 3 inches wide.
6. Sprinkle cornmeal in the bottom of an oblong oven safe dish
7. Transfer loaf to the baking dish. Brush top of loaf with cold water, and sprinkle with remaining 1 tbsp of caraway seeds. With a sharp knife, make 4 or 5 diagonal slits across top of loaf.
8. Bake for about 50 mins or until loaf is golden brown.
9. Let cool for 30 mins before slicing. I know it's hard to wait that long once the delicious aroma fills your house.

SHOPPING LIST

- 2 cups bread flour
- 4 tbsp caraway seeds
- 1 tbsp sugar
- 2 tsp salt
- 2 tsp yeast
- 1 1/2 cups lukewarm water
- 3 tbsp cider vinegar
- 2 cups rye flour
- 1/4 cup cornmeal
- 1 tbsp cold water for brushing