

Gill's Gourmet Gallery

Wholemeal Rye Bread

Ingredients:

500g wholemeal rye flour
20g dried yeast
50g castor sugar
10g salt
3 egg yolks
125ml full fat milk
150ml water + a little more

Method:

Place the flour into a plastic or ceramic mixing bowl and stir in the yeast.
Add sugar and salt.
Make a well in the middle of the flour and add the eggs, milk and water.
Stir gently from the middle, combining the mixture to form a soft dough.
Add a little more water if required as you are stirring.
Knead the dough for 5 minutes on a floured surface.
Make into a ball, cut a cross in the centre with a sharp knife.
Place in a floured bowl, cover with cling film and place in a warm place to prove for an hour and a half.
Knead again for 10 minutes forming a roll to fit in a loaf tin.
Cover with film again and prove for 1 hour before baking.
180c fan for 30 minutes.
Cool for 20 minutes on a wire rack before serving.

