

Rye Bread

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April 4, 2023

✓ **In a bowl put:**

4 Cups warm water
2 TBS dry yeast
2 TBS molasses (Grandma's)
1/3 cup honey
1 1/2 TBS raw wheat germ
3 TBS nutritional food yeast
1 TBS lecithin
1 cup sifted rye flour
1 cup sifted whole wheat flour
2 TBS caraway seeds

✓ **Proof: Stir and let bubble in warm place for 15-20 minutes**

✓ **Add:**

1/4 cup olive oil

Place a small mound of whole wheat flour in the center.

1 TBS salt

Put the salt on top of the mound of whole wheat flour and then cover with whole wheat flour.
Stir.

Put in sifted whole White wheat flour; work in and knead together (on the table) until stickiness is gone. Put a little oil in bottom of the bowl and return the dough to the bowl. Cover and let Rise.

✓ Knead, make into loaves, and put in oiled pans. Cover and let rise 45 minutes.

✓ Makes two 2-pound loaves of bread. Divide and put into oiled bread pans

Bake at 350 for 55 minutes

✓ Alternately; you can make French bread, baking for 40 minutes; or you can make 2oz. dinner rolls, baking for 30 minutes.