Bread & baking / Finland

Ruisleipä

A dense sourdough rye bread, sour and with almost no wheat flour in it.

Time 100 min **Servings** 12

What you'll need.

- ☐ 900 g Rye flour
- ☐ 200 g Rye sourdough starter
- ☐ 700 ml Warm water
- ☐ 20 g Salt
- ☐ 30 g Rye malt — optional
- ☐ 1 tbsp Caraway seeds — optional

Let's make it.

01 Mix the starter with half the water and half the flour and leave it overnight at room temperature.

02 In the morning take two hundred grams of the sponge back into a jar; that is the starter for next time.

03 Stir in the remaining flour, water, salt, malt and caraway with a wooden spoon until even.

04 Cover it and let it rise three hours; the dough roughly doubles and cracks appear on the surface.

05 Turn the dough into greased tins with wet hands, smoothing the top with a wet spoon.

06 Let it prove an hour and prick the top in several places with a fork.

07 Bake at 250 °C for fifteen minutes, then at 180 °C for forty-five more, and rest it a day before cutting.

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