

COTTAGE RYE BREAD - from "The Natural Nine Cookbook"

2 cups warm water

3 Tbsp. Saf yeast

1/3 cup molasses

1 ¼ cups cottage cheese

1 cup dry milk powder (we like non-instant skim milk powder)

2 Tbsp. Dough enhancer

9-10 cups rye flour

4 ½ tsp. Salt

¼ cup oil

3 Tbsp. Caraway seeds (opt) -can grind in the blender and add

1 egg white beaten

(Can add a few Tbsp. Of gluten if you want it lighter.

Combine water, yeast, and molasses in the Bosch mixing bowl. Allow yeast to soften. Add cottage cheese, dry powdered milk, and dough enhancer and 4 cups of rye flour. Mix on speed one for 1 min. and let rise 1 hours. Add salt, oil, caraway seeds, and remaining flour while machine is kneading on speed two until the dough is just barely starting to clean the sides of the bowl. If the dough seems sticky that is alright as it will dry up and it cleans the sides in a few minutes. Let knead for 10 to 12 min. Do not add more flour than necessary to knead. Dough should be sticky and pliable. Shape into three round loaves. Place on well-greased baking sheets and brush with egg white and sprinkle with sesame seeds. Let rise at least 1 ¼ hours at room temperature. Bake in a 350 F. Degree oven for 45 min. Make s 3 loaves.