

HONEY RYE BREAD

(small batch)

- 1 packet (2 1/4 teaspoons SAF) yeast
- 1 cup warm water
- 1/3 cup honey
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons salt
- 1 cup rye flour, freshly ground
- 2 1/4-1/2 cups whole grain flour, preferably wheat, freshly ground



RECIPE INSTRUCTIONS

In a small bowl, dissolve the yeast in warm water, about five minutes. Stir the honey, butter and salt into the yeast mixture.

With the dough hook in place, add half of the flours to the bowl of your Artiste mixer. Pour in the yeast mixture. Use the “P” switch to incorporate. Slowly increase to Speed 2 and continue adding the remaining flour until the dough pulls away from the sides of the bowl. Add more flour if necessary. Continue kneading at Speed 2 for 5-6 minutes until the dough is smooth and elastic.

Divide the dough into 1-2 loaves. Place in greased pans and allow to rise until doubled in size. Bake at 350°F for 30-35 minutes or until golden brown. Remove from pan to wire racks to cool.