

Peasant's Hearty Bread

1 Tbsp. Molasses

2 Tbsp. Cider vinegar

3 cups warm water

3 cup whole wheat flour

1 tsp. caraway seeds

2 ½ tsp. salt

1 Tbsp. Saf yeast

1 Tbsp. Dough enhancer

2 Tbsp. Gluten (OPT)

4 cups rye flour

Place water, molasses, and vinegar in the Bosch bowl equipped with a dough hook. Add whole wheat flour, salt, caraway seeds, yeast, dough enhancer and optional gluten. Turn machine on speed one and let knead for 30 sec. Add rye flour until the bowl JUST STARTS to become clean. Turn up to speed two and let knead for 8 min. until gluten is developed. Turn machine off and let dough rest for ½ hour to 45 min. until the dough when poked doesn't fill in the hole. Oil the counter and remove from bowl and shape into 2 loaves. You can shape round ones to bake on a baking sheet or traditional loaves in 2 loaf pans. Let bread rise in a draft free area 2 inches higher or until dough will return a gently made fingerprint. Bake in a preheated oven at 450 degrees F. for ten minutes and then lower the heat to 325 degrees F. and continue baking until done. Baking should be about an hour in all.

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