

Rheinisches Schwarzbrot (Rhineland Black Bread)

Ingredients

- 125g Rye flakes
- 125g Rye flour
- 200g Wholemeal wheat flour
- 50g Rye sourdough (dry)
- 75g Sunflower seeds
- 10g Fresh yeast (7g instant)
- 2tsp Salt
- 2 tablespoons apple butter or sugar beet molasses
- 350ml Water



Method

1. Mix all the ingredients together, place the dough into baking tin and then let it stand for 2 hours. There is no need to knead this dough.
2. Bake on the lowest level at 250°C for 20 minutes, then at 200°C for 40 minutes.
3. After baking, cover it with a wet tea towel and leave to cool then remove from the baking tin.

Notes

This bread tastes better the following day than when freshly baked.