



Rye

BREAD IMPROVER

Gives strong rise, tangy rye flavor, and a moist texture. Will help turn your average rye bread into something special. Add one tablespoon of improver for every cup of flour in your recipe. Each bag will make about 20 loaves of bread.

Ⓢ NET WT 16 OZ (1 LB) 454g

King Arthur Baking Company, Inc. | Norwich, Vermont
KingArthurBaking.com | 800-827-6836

Caraway Rye Bread

- 1 cup (227g) lukewarm water
4 teaspoons (17g) sugar
1 cup (106g) white rye, rye, or pumpernickel flour
2 1/4 teaspoons instant yeast
1/2 cup (113g) sour cream or Greek-style yogurt (low-fat is fine; please don't use nonfat)
1 to 2 tablespoons (9g to 18g) caraway seeds, to taste
1 1/2 teaspoons salt
2 1/3 cups (281g) King Arthur Unbleached All-Purpose Flour
3 tablespoons (27g) King Arthur Rye Bread Improver

Combine water, sugar, rye flour, and yeast, mixing to form a soft batter. Let rest for 20 minutes; this allows the flour to absorb some liquid, making it easier to knead. Add remaining ingredients and mix and knead — by hand, mixer, or bread machine — until fairly smooth. Rye dough is sticky, so don't be tempted to add too much flour.

Place in greased bowl, cover, and let rise until noticeably puffy, 60 to 90 minutes.

Gently deflate, knead briefly, and shape into two oval loaves. Place on lightly greased or parchment-lined baking sheet. Cover and let rise 90 minutes, until noticeably puffy.

Spritz loaves with water and slash about 1/2" deep. Bake in preheated 350°F oven for 35 to 40 minutes, or until a digital thermometer inserted into the center reads 205°F to 210°F. Tent lightly with foil after 25 minutes if browning too quickly. Cool on a rack. While still warm, brush with melted butter to keep crust soft.

Yield: 2 loaves.

Nutrition Facts

50 servings per container

Serving size 1 tbsp (9g)

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 40mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POTATO FLOUR, VITAL WHEAT GLUTEN, DELI RYE FLAVOR [RYE FLOUR, ACETIC ACID, NATURAL FLAVORS, NATURALLY FERMENTED LACTIC ACID], RYE SOURDOUGH (FERMENTED RYE FLOUR, SALT), MALTED BARLEY FLOUR, CANE SUGAR, KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR).

CONTAINS: WHEAT.

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Produced on equipment that also processes eggs, milk, soy almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

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