

AUTHENTIC
First Clear
FLOUR

FOR CHEWY RYE BREADS WITH A BETTER RISE



100189F01D

Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

210554

Caraway Rye Bread

- 1 cup (227g) lukewarm water
- 4 teaspoons (14g) sugar
- 1 cup (106g) rye flour
- 2 1/4 teaspoons instant yeast
- 1/2 cup (113g) sour cream (low-fat is fine; please don't use nonfat)
- 1 to 2 tablespoons (7g to 14g) caraway seeds, to taste
- 1 1/2 teaspoons salt
- 2 1/3 cups (280g) King Arthur First Clear Flour

Combine water, sugar, rye flour and yeast, mixing to form a soft batter. Let rest for 20 minutes; this allows 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 until noticeably puffy, about 90 minutes. Spritz with water and slash about 1/2" deep.

Bake in preheated 350°F oven 35 to 40 minutes, or until a digital thermometer inserted into center reads 205°F to 210°F. Tent lightly with foil after 25 minutes if browning too quickly. Place on rack, and brush with melted butter to keep crust soft. Cool completely before slicing.

Yield: 2 loaves.

Nutrition Facts

about 45 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories **110**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 5mg **0%**

Iron 0mg **0%**

Potassium 36mg **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: HARD SPRING WHEAT FLOUR, MALTED BARLEY FLOUR.

CONTAINS: WHEAT.

KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
800-827-6836 | KingArthurBaking.com

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

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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