



# RYE FLOUR

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Our medium rye flour is a slightly darker rye, milled closer to the bran than white rye. It yields a dense, flavorful rye bread.

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© NET WT 48 OZ (3 LBS) 1.36kg

# RUSSIAN RYE BREAD

1 1/4 cups lukewarm water (105°F to 115°F)  
2 tablespoons honey  
2 teaspoons instant yeast  
1 1/2 cups medium rye flour

2 teaspoons salt  
1 tablespoon caraway seeds  
3 tablespoons unsalted butter,  
melted  
3 cups King Arthur Unbleached  
All-Purpose Flour

Combine warm water and a teaspoon of the honey in a mixing bowl. Stir in yeast and rye flour. Let this sponge work for 20 minutes, or until bubbly.

## Nutrition Facts

Serving Size about 1/3 cup (30g)  
Servings Per Container about 45

### Amount Per Serving

**Calories** 110      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 4g      **18%**

Sugars less than 1g

**Protein** 2g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Stir in the remaining honey, salt, caraway seeds, butter, and enough flour to create a dough that begins to pull away from the sides of the bowl. Cover dough, and let rest for about 5 minutes.

Turn dough out onto a lightly floured work surface, and knead until smooth and elastic, about 10 minutes, adding only enough flour to keep the dough from sticking unbearably. (Rye dough will always be a bit sticky). Halfway through, let the dough rest while you clean out and butter the mixing bowl.

Shape the dough into a ball, place it in the buttered bowl, turning to coat, and cover the bowl. Let the dough rise for about 1 1/2 hours, or until it's about doubled in bulk.

Gently deflate dough, and divide in half. Shape each half into an oval, place on a lightly greased or parchment-lined baking sheet, cover, and let rise for about 30 minutes.

Bake in a preheated 375°F oven for about 45 minutes, or until the crust is dark brown, and the interior temperature measures 190°F to 200°F on an instant-read thermometer. Remove from the oven, and cool on a wire rack.

INGREDIENTS: RYE FLOUR. CONTAINS: WHEAT.

KING ARTHUR FLOUR, NORWICH, VERMONT 05055  
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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

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Do not eat raw flour, dough or batter.

