

No Knead Whole Rye Bread Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 5 minutes

Cook time : 45 minutes

Ready in 50 minutes plus overnight proofing

Level : Basic

Ingredients:

- Whole grain rye flour 500g (17.6oz)
- Salt 10g (2Tsp)
- Dried yeast 4g (1Tsp)
- Sunflower seeds (raw) 50g (1.8oz)
- Pumpkin seeds (raw) 50g (1.8oz)
- Water 450g (1lb)
- Extra pumpkin seeds for topping

Directions

1. First brush 30cm x 12cm (12"x5") loaf pan with vegetable oil. Then line it with parchment paper. Brush the paper with vegetable oil too so the bread doesn't stick to it when baked.
2. To make the dough put whole grain rye flour into a large bowl. Add salt, dried yeast, sunflower seeds and pumpkin seeds. Stir well to combine. Then add water. Mix with a wooden spoon until all the ingredients are combined.
3. Transfer the dough into the prepared pan. Then smooth it with a back of a spoon. Wrap the pan with cling film and leave it at room temperature overnight.
4. Your dough has increased in volume overnight. First remove the cling film, then brush the dough with water. Sprinkle some pumpkin seeds on the top and brush

them with water so they don't burn during baking. Bake the bread at 180°C (350°F) for about 45-50 minutes.

5. Remove baked bread from the pan and put it onto a rack to cool down completely.
6. There, your delicious no knead whole grain rye bread is done! Enjoy!