

# Deli Rye Bread

**SERVES** Makes 1 loaf

## WHY THIS RECIPE WORKS

To pack more rye flour into our Deli Rye Bread without making it dry or crumbly, we added more water than most recipes call for. Adding a small amount of vegetable oil also helped keep the crumb tender. To provide adequate structure without weighing the loaf down, we used King Arthur all-purpose flour rather than lower-protein all-purpose flour or higher-protein bread flour. For a hint of sweetness and complexity, we added a small amount of molasses. Finally, for a glossy finish and a tender crust, we brushed the loaf with a cooked cornstarch wash.



## INGREDIENTS

- ☐ **2 ½ cups** (12 ½ ounces)  
King Arthur all-purpose  
flour
- ☐ **1 ½ cups** (8 ¼ ounces) rye  
flour
- ☐ **1** tablespoon caraway seeds
- ☐ **2 ½ teaspoons** instant or  
rapid-rise yeast
- ☐ **1 ⅔ cups** (13 ⅓ ounces)  
plus ½ cup (4 ounces)  
water, room temperature
- ☐ **1** tablespoon vegetable oil

## BEFORE YOU BEGIN

**\*** We prefer King Arthur all-purpose flour for this recipe; if you have trouble finding it at your supermarket, you can use any brand of bread flour instead. Any grade of rye flour will work in this recipe, but for the best flavor and texture we recommend using medium or dark rye flour. Do not use blackstrap molasses here; its flavor is too intense.

## INSTRUCTIONS

**1** Whisk all-purpose flour, rye flour, caraway seeds, and yeast together in bowl of stand mixer. Whisk 1 ⅔ cups water, oil, and molasses in 4-cup liquid measuring cup until molasses has dissolved.

- ☐ **2** teaspoons molasses
- ☐ **1 ½** teaspoons salt
- ☐ **4** teaspoons cornstarch

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**2** Fit stand mixer with dough hook; add water mixture to flour mixture and knead on low speed until cohesive dough starts to form and no dry flour remains, about 2 minutes, scraping down bowl as needed. Cover bowl tightly with plastic wrap and let dough rest for 20 minutes.

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**3** Add salt to dough and knead on medium-low speed until dough is smooth and elastic and clears sides of bowl, about 5 minutes.

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**4** Transfer dough to lightly floured counter and knead by hand to form smooth, round ball, about 30 seconds. Place dough seam side down in lightly oiled large bowl, cover tightly with plastic, and let rise until doubled in size, 1 1/2 to 2 hours.

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**5** Transfer dough to lightly floured counter and gently press into 8-inch disk, then fold edges toward middle to form round. Cover loosely with plastic and let rest for 15 minutes.

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**6** Adjust oven racks to middle and lowest positions, place baking stone on upper rack, and heat oven to 450 degrees. Line overturned rimmed baking sheet with parchment paper and dust lightly with rye flour. Gently press and stretch dough into 12 by 9-inch oval, with short end of oval facing edge of counter. Fold top left and right edges of dough diagonally into center of oval and press gently to seal. Fold point of dough into center of oval and press seam gently to seal. Rotate dough 180 degrees and repeat folding and sealing top half of dough.

## NUTRITIONAL INFORMATION

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Per Serving (Serves 8)

Calories 296; Fat 3 g; Saturated 0 g; Trans 0 g; Monounsaturated 1 g; Polyunsaturated 1 g; Cholesterol 0 mg; Sodium 330 mg; Carbs 59 g; Fiber 5 g; Sugars 2 g; Protein 8 g

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**7** Fold dough in half toward you to form rough 8 by 4-inch crescent-shaped loaf. Using heel of your hand, press seam closed against counter. Roll loaf seam side down. Tuck ends under loaf to form rounded torpedo shape. Gently slide your hands underneath loaf and transfer, seam side down, to prepared sheet.

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**8** Spray sheet of plastic with vegetable oil spray and cover loaf loosely. Let loaf rise until increased in size by about half and dough springs back minimally when poked gently with your knuckle, 45 minutes to 1 1/4 hours.

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**9** Place empty loaf pan on bottom oven rack. Using sharp paring knife or single-edge razor blade, make six to eight 4-inch-long, 1/2-inch-deep slashes with swift, fluid motion across width of loaf, spacing slashes about 1 inch apart. Pour 2 cups boiling water into empty loaf pan in oven.

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**10** Slide parchment and loaf from sheet onto baking stone. Bake until deep golden brown and loaf registers 205 to 210 degrees, 25 to 30 minutes, rotating loaf halfway through baking. Transfer loaf to wire rack.

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**11** Whisk cornstarch and remaining 1/2 cup water in bowl until cornstarch has dissolved. Microwave, whisking frequently, until mixture is thickened, 1 to 2 minutes.

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**12** Brush top and sides of loaf with 3 tablespoons cornstarch mixture (you will have extra cornstarch mixture). Let cool completely, about 3 hours, before slicing and serving.