



Ballybrado Organic Rye Bread

Ingredients

150g Ballybrado Organic Whole Rye Flour

350g Ballybrado Organic Whole Spelt Flour

2 sachets fast action dry yeast

1 ½ tsp. salt

1 tsp. sugar

¼ tsp ground cardamom

¼ tsp. ground fennel

¼ tsp. ground coriander

350ml tepid water

Sesame seeds to sprinkle on top

Method

1. Mix all dry ingredients in a large bowl.
2. Add tepid water and knead until dough is well-combined and comes free from edge of bowl.
3. Cover bowl with a damp tea towel and leave to rise for approx. 45 mins. or until double in size.
4. Knead dough again ('knock back') and place in a greased 2lb (26cm) loaf tin. Cover with tea towel, leave to rise for 10-15 mins. Preheat oven to 200°C fan.
5. Score top of dough with knife, dampen with water and sprinkle with sesame seeds for flavour.
6. Place on bottom shelf of oven and place an ovenproof cup of hot water next to it for 10 mins.



7. After 10 mins. take out cup and turn temperature down to 180°C. Leave to bake another 40 mins. or until bread sounds hollow when you tap on the bottom.
8. Leave to cool on a wire rack.