



Danish rye bread

Recipe from Annette Braagaard

Ingredients

800ml water
250-300ml natural yoghurt
50 g fresh yeast
1 1/2 T salt
1 T honey
500g mix of linseed, sunflower and pumpkin seeds
700g rye flour
200g plain flour

Method

1. Mix yeast in lukewarm water.
2. Mix all other ingredients.
3. Rise in bowl for 3 hours.
4. Put the dough in 2 forms and leave to rise for 1 hour.
5. Preheat oven to 175 C. Cover dough with foil and bake for 1 1/2 hours.

Enjoy!