



Ingredients

Sourdough starter:

100 ml	water, lukewarm
5 g	fresh yeast
100 ml	buttermilk
200 ml	rye flour, coarse
½ tsp	salt

Bread dough:

900 ml	water
10 g	fresh yeast
1	portion sourdough (about 150 ml)
150 g	whole rye grains (200 ml)
20 g	FiberHUSK® (2½ tbsp)
500 g	oatmeal (about 900 ml)
500 g	wheat flour (about 850 ml)
25 g	salt (1½ tbsp)
25 g	organic cane sugar (2 tbsp) - or 2 tbsp syrup

Farmer Bread with oatmeal & whole kernels 2 loafs

Sourdough

An "old" sourdough starter is best, so try to get a hold of one. If you can't get sourdough from family or friends then use the recipe here, or buy a sourdough starter in a health shop.

Dissolve yeast in the lukewarm water. Add buttermilk, coarse rye flour and salt, and stir it thoroughly to a thin porridge. Pour it into a glass jar, cover with cling film or a screw top and leave it at room temperature for 5-6 days. Sprinkle with a little salt and place in the fridge.

Day 1

Dissolve yeast and sourdough in the water. Pour boiling water over the rye grains and leave them to soak for a little while before straining. Add FiberHUSK®, oatmeal, wheat flour, salt and sugar.

You achieve the best result when using a food mixer, but you can also knead the dough by hand. If you use a food mixer, stir for about 10 minutes on medium speed.

Place the dough in a bowl, cover with cling film and leave to rise in the fridge for about 20 hours.

Day 2

Take the dough out of the fridge and shape into two loafs. Place the loafs on a greased baking sheet (or cover with baking paper), or place them in two greased 1.5 l loaf tins (or line with baking paper).

Cover the loafs and leave to rise for about 2 hours. Brush the loafs with a mixture of water and oil.

Bake in a preheated oven at 200° C for about 35-45 minutes. Cool on a wire rack.

Tip

Whole rye grains can be replaced by cut rye grains or whole oat or wheat grains. Oatmeal is available in health shops.

The recipe is developed by dietician Mette Borre.

Sourdough