



Ingredients

Sourdough starter:

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

Bread dough:

800 ml	water
10 g	fresh yeast
1	portion sourdough (ca. 150 ml)
150 g	rye flour, wholemeal (250 ml)
150 g	spelt flour (250 ml)
900 g	wheat flour (1.4 l)
20 g	FiberHUSK® (2½ tbsp)
20 g	salt (1½ tbsp)
25 g	syrup (2 tbsp)
175-225 g	walnuts, roughly chopped (300 ml)

Walnut Bread with rye flour & sourdough 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

Chop the walnuts. Dissolve yeast and sourdough in the water. Add rye flour, spelt flour, wheat flour, FiberHUSK®, salt and syrup.

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.

Add walnuts the last minute of the kneading. The walnuts are best kneaded into the dough by hand so they don't crumble.

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 it into two loafs. Place the loafs on a greased baking sheet (or cover 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 220° C for about 30 minutes. Leave to cool on a wire rack.

Tip:

Walnuts can be replaced by sundried tomatoes.

The recipe is developed by dietician Mette Borre.

Sourdough