Wholegrain Rye Bread — 1 loaf

Ingredients

Sourdough:

100 g	buckwheat flour
100 g	buttermilk
10 g	fresh yeast
¼ tsp	salt

Bread dough:

100 g	pumpkin seeds
1000 g	water
400 g	oatmeal (pure oat)
300 g	buckwheat kernels / cracked buckwheat
200 g	wholegrain rice flour
30 g	set honey
1 tsp	salt
2 tsp	gravy browning
	sourdough
50 g	corn starch
3 tbsp	FiberHUSK® (45 ml)

Sourdough:

Mix the ingredients for sourdough in a small bowl, cover with a lid or cling film and place at room temperature for about 24 hours. All of the lactose (milk sugar) in the buttermilk will be used for the fermentation process.

Bread dough:

Mix the dough in a food mixer.

Roast the pumpkin seeds golden brown in a frying pan and cool on a plate.

Mix lukewarm water, oatmeal, buckwheat, wholegrain rice flour, honey, salt, gravy browning and sourdough in the mixing bowl and stir for 15 minutes.

Mix corn starch, FiberHUSK® and pumpkin seeds in a small bowl, add to the mixing bowl and mix the dough well.

Then take out 200 g sourdough and save it for next time you are baking (sourdough can be kept in the fridge in a sealed container for about 3 weeks or kept in the frezer. Take out the sourdough 24 hours before use and leave it in a warm place to reach room temperature).

Grease a non-stick loaf tin (3.3 l) with oil and place the dough in the tin. Brush the surface with oil and sprinkle with pumpkin seeds. Cover the tin with aluminium foil.

Leave the bread to rise in a warm place for 3-8 hours, until the dough reaches the top edge of the tin. Place the tin covered with aluminum foil on a wire rack in a cold oven on the bottom rack.

Bake at 175°C for 2 hours with the aluminium foil, and another 10 minutes without the foil.

Leave for 5 minutes on a wire rack before taking it out of the tin.When lightly cooled, pack in a damp tea towel and leave till the next day, before slicing and freezing it in 3-day portions.

The recipe is from the Danish recipe book "Natural gluten-free baking" by clinical dietician Turid Nagelhus.

Gluten-free