



RYE & SULTANAS

Pre-ferment made day before

200g dark rye flour
250g water
5g dried yeast

Remaining ingredients next day

150g dark rye flour
6g salt
150g boiling water
200g sultanas

Day 1 In a large bowl mix the pre-ferment, scrape down the sides of the bowl, cover and leave in a warm place ready for using the following day.

Day 2

Weigh out and mix the remaining rye flour and salt in a separate bowl then pour this flour and salt mix over the pre-ferment in the large mixing bowl. Make sure that the pre-ferment is **completely covered** with the flour/salt but **do not mix at this stage**. Now pour over the measured quantity of very hot water. Adding near-boiling water to the rye gels the flour. The layer of flour will prevent the hot water from scalding and killing the yeast within the ferment. Mix immediately and add the sultanas.

Grease a 1lb loaf tin or equivalent and line it with baking parchment, leaving enough parchment sticking out the top of the tin to lift the loaf out by. Spoon/pour the mixture into the tin. Shape the top of the loaf using a moistened dough scraper then dust with flour which will craze as the dough rises.

Allow the covered dough to rise/prove in a warm place for about 2 hours. Turn on oven at 250° C so it is hot by the end of proving. Put a small roasting tin in the bottom of the oven as it is heating up. When the dough is proved place the loaf in the oven, add a cup of water to the hot roasting tin then lower the oven temperature to 220 degrees C.

Bake for about 35 minutes. If the base is still soft bake for another 5 or 6 minutes upside-down without the tin. Turn out and cool on a wire rack.