



Rise & Rye

Isaiah 28:25

INGREDIENTS

- 1 cup warm water (microwave 30 seconds)
- 2 tablespoons sugar
- 1 packet Red Star active dry yeast
- 2 teaspoons salt
- 1 3/4 cups dark rye flour
- 2 1/4 cups bread flour
- 2 tablespoons oil

SPRING FEAST RECIPE: FEAST OF WEEKS

Method

Add water, yeast, and sugar to mixing bowl, mix, cover, and proof for 15 minutes.

Knead by hand for about 5-7 minutes, then in mixer for about 3 minutes, until you achieve

dough-like consistency. If it is too dry, gradually add 1 tablespoon of warm water at a time to the mixing bowl.

In a lightly greased bowl, cover dough and let rise for 45 minutes – 1 hour in draft free area.

Then bunch down and form into two round loaves. Add to lined baking sheet or round baking pan. Cover and let rise another 45 minutes – 1 hour.

Preheat oven to 350 F.

Bake 35-40 minutes on middle rack until a wooden skewer inserted into the loaf comes out clean. Using a pastry brush, add oil/butter to top of loaves to get a beautiful golden color, then turn off oven and leave in for about 5 minutes. If you like it a bit more crusty, remove from sheet or pan. Finally, cool on wire rack.



Kitchen Chat

This bread breaks wells by pulling with hand and is best served warm with butter or honey.

Feel free to use light rye instead of dark rye, or sugar in place of honey, and/or water in place of milk.



Listen to our podcast series
"Churchianity: Two Thousand Years
of Leaven," available at our parent
site: www.kingdompreppers.org