

Homemade Rye Bread

Learn to make classic homemade rye bread with caraway seeds and molasses. No mixer needed! Perfect for sandwiches and toasts with step-by-step instructions.

30 min

PREP

40 min

COOK

1h 10min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 pack yeast
- 2 cup water
- 2 cup molasses
- 1 cup olive oil
- 1 cup cocoa powder
- 1 tsp salt
- 2 cup flour

Instructions

1 Activate the yeast

Dissolve 2 packs of yeast in 1 cup of warm water (43°C/110°F) in a small bowl. Let stand for 5-10 minutes until the mixture becomes foamy and doubles in size.

2 Make the dough

Transfer the foamy yeast mixture to a large mixing bowl. Add 2 cups rye flour, 2 cups bread flour, 1 cup warm water, 1 cup molasses, and 1 teaspoon salt.

3 Mix with a wooden spoon until the ingredients are combined and form a shaggy dough. Gradually add 2 cups additional bread flour, stirring until the dough becomes too stiff to mix with a spoon.

4 Knead the dough

Turn the dough onto a floured surface and knead for 8-10 minutes, adding small amounts of flour as needed, until the dough is smooth and elastic but still slightly tacky to the touch.

5 **First rise**

Place the dough in a large oiled bowl, turning once to coat all sides. Cover with plastic wrap and let rise in a warm place for 1 to 1.5 hours, until doubled in size.

6 **Shape the loaves**

Punch down the risen dough and turn out onto a lightly floured surface. Divide the dough in half and shape each portion into a loaf by flattening into a rectangle and rolling tightly.

7 Place the shaped loaves seam-side down in greased 8x4-inch loaf pans. Cover with a damp towel and let rise for 30-45 minutes, until the dough crowns above the rim of the pans.

8 **Bake the bread**

Preheat oven to 175°C (350°F). Score the tops of the loaves with a sharp knife making diagonal slashes about 1/4-inch deep.

9 Bake for 40-50 minutes, until the loaves sound hollow when tapped on the bottom and reach an internal temperature of 93°C (200°F). If the tops brown too quickly, cover loosely with foil.

10 **Cool and serve**

Remove the loaves from the pans immediately and cool on a wire rack for at least 20 minutes before slicing to allow the crumb to set properly.

Tips

Use a combination of rye flour and bread flour for the best texture. Pure rye flour creates a very dense, heavy bread that doesn't rise well due to its low gluten content.

Knead the dough gently by hand rather than using a stand mixer. Rye dough is naturally sticky, and over-mixing can make it even more difficult to handle.

Add bread flour gradually during kneading until the dough is manageable but still slightly tacky. Too much flour will result in a dry, tough loaf.

Create steam in your oven during the first 10 minutes of baking by spraying the loaves with water. This helps develop a crispy, golden crust.

Test for doneness by tapping the bottom of the loaf – it should sound hollow when fully baked. An internal temperature of 200°F also indicates doneness.

Allow the bread to cool completely before slicing to prevent a gummy texture. The crumb needs time to set properly as it cools.

Store finished bread in a paper bag at room temperature to maintain the crust's crispness. Plastic bags will soften the crust.

Toast day-old slices to refresh their texture and bring out the caraway and rye flavors even more intensely.