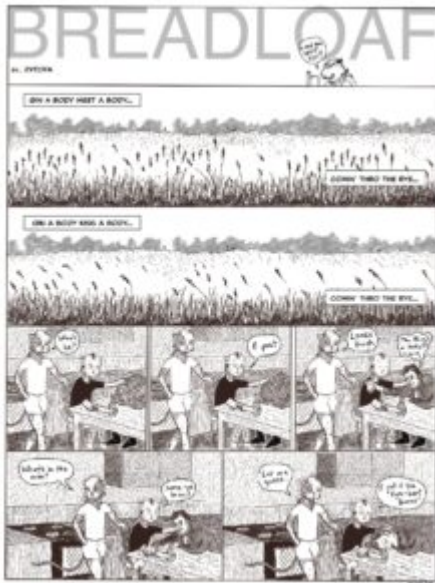


The Rye-bert Burns

written by Guest Contributor | June 15, 2020



For one 500g loaf of bread:

Ingredients

400g H₂O at 78-80 degrees*

100-200g leaven

200g rye flour

300g bread flour

$\frac{1}{2}$ tsp anise seed

$\frac{1}{2}$ tsp caraway seed

10g salt

1 cup raisins

$\frac{1}{2}$ tsp caraway seed

$\frac{1}{4}$ tsp anise seed

Rind of one orange, zested

Dewar's or other bottom-shelf scotch

Method

Adapt your favorite basic sourdough recipe thusly:

1. When you combine your flour-rye mix and leaven, add also the seeds. Mix by hand until no dry flour remains. Let rest for autolyse.
2. In the meantime, combine raisins, seeds, and orange rind in a small saucepan and enough Dewar's to cover. Heat to boil. Then remove from heat. Let sit until cool and remaining alcohol is absorbed.
3. After 40-minute autolyse (Step 1), dissolve salt in water and add to dough. Add raisin mixture to dough, pinching it into the loaf.
4. Develop dough as per your usual method.

*Hydration ratio is based on the Tartine method; adapt for your usual ratio.



Evan Fackler is an MFA candidate at UNCG. He has served as editor-in-chief of Oxford Magazine and as a fiction editor at The Greensboro Review. His reviews and interviews can be found online at Entropy Magazine and storySouth.