



A New York Bakers Recipe

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Russian-Polish Black Bread

Yield: One 2.75 lb./1.25 kg. loaf

Soaker:

Volume	Ingredient	Ounces	Grams	Baker's Percentage
2¼ cups	Coarse rye meal	2.25	65	9%
½ cup	Boiling water	4.00	115	17%

1. Combine flour and boiling water in a heated bowl. Cover and let stand overnight.

Sour Sponge:

3⅓ cups	Dark rye flour	9.00	255	38%
1 cup	Warm (120°F/50°C) water	8.00	227	34%
2 Tbs	Rye sour	1.00	28	4%

2. In a separate container, combine the flour, water and rye sour and mix well. Cover loosely and let stand overnight.

Dough:

¾ cup	Rye soaker from above	6.25	180	26%
2½ cups	Rye sour sponge from above	18.00	510	76%
3 cups	Dark rye flour	8.00	227	34%
1 cup	First clear or high-gluten flour, unsifted	4.50	130	19%
1 cup	Rye sour (80% hydration)	7.00	200	29%
1 Tbs	Instant yeast	0.42	12	2%
2 tsp	Table salt	0.42	12	2%
1 Tbs	Malt syrup	0.85	24	4%
2 tsp	Coarsely ground fennel seed	0.42	12	2%



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3. Combine the dough ingredients and mix either by hand or with the flat blade of a stand mixer at low-medium (KA 2-4) speed until the dough is evenly blended, 2-3 minutes. Switch to the dough hook and mix another 4-5 minutes.
4. Turn the dough out onto a well-floured work surface and shape it into a round or oval loaf. The dough will be very sticky, so keep your hands wet to work it.
5. Place the loaf on a cornmeal dusted peel or proofing board. Cover loosely with a damp tea towel and let proof for 1-1½ hours, until visibly larger and cracks have formed on the surface.
6. About 1 hour before bake time, preheat your oven to 500°F/255°C, with the baking surface in the middle and a steam pan on a lower shelf.
7. Add 1½ cups/12 oz./340 ml. of boiling water to the steam pan and close the oven door to allow steam to accumulate. Brush the loaf with water, dock it by making 10-12 holes with a skewer or tapered bamboo chopstick, dust with rye flour or coarse rye meal and place in the oven.
8. Bake for 15 minutes and reduce heat to 400°F/205°C. After 15 minutes more, reduce heat to 300°F/150°C and continue baking until the center of the loaf reaches an internal temperature of 210°F/100°C, 80-90 minutes. Remove to a rack and let cool for at least 24 hours before cutting.