

# No-Knead Caraway Rye Sandwich Bread

Pete Matthews Jr - <https://3nt.xyz> - © November 28, 2024

Ingredients – about 2¼ lb (1 kg) loaf			
<b>Water Mix</b>			
500 g	Water	(95 to 100°F)	
3 g	Yeast	(instant or bread machine, not active dry)	
6 or 12 g	Salt	(table, not coarse)	
15 g	Sugar	(granulated)	
<b>Flour Mix</b>			
425 g	Bread flour	450 g	Use up to these amounts for denser bread.
150 g	Rye flour	150 g	
25 g	Caraway seeds		
<b>Coatings</b>			
Pinches	Corn Meal		

Recipe decisions:

1. As stated, the seeds *replace* part of the 600 grams of flour. This makes a lighter loaf (1034 g = 2.28 lb).
2. The higher amounts of flour have seeds *in addition*. This makes a slightly heavier, more dense loaf.
3. Rye flour has no more fiber than (white) bread flour. Optionally replace 70 to 150 g of bread flour with whole wheat.

**Notes:** *Sprinkle* the yeast. During the final rise, preheat the oven to 400° F (no fan). When done, the bread should test 190 to 200° F. Bake 30 minutes with the cover on; continue baking uncovered, to brown the top: 8 minutes produced a 199° F light loaf; 10 to 15 minutes has worked many times for heavy loaves.

For details, see “3-Hour Sandwich Bread in a PMDO” on the website at:

[HTTPS://3NT.XYZ](https://3nt.xyz) > Ideas > Food & Drink