

No-Knead Caraway Rye Sandwich Bread

[Pete Matthews Jr](https://3nt.xyz) – <https://3nt.xyz> – © September 15, 2020

<u>2¼ lb loaf</u>	<u>Ingredients</u>	<u>2¼ lb</u>	<u>1¾ lb</u>
511 g	Water	18 oz	14 oz
15 g	EVOO or Canola Oil (opt.)	1¼ Tbsp	1 Tbsp
3 g	Instant Yeast	¾ tsp	½ tsp
12 g	Table Salt	2 tsp	1½ tsp
15 g	Sugar	1½ Tbsp	1 Tbsp
18 g	Caraway Seeds	2¼ Tbsp	2 Tbsp
450 g	Bread Flour	3¾ cup	2½ cup
150 g	Rye Flour	1⅛ cup	1 cup
pinches	Corn Meal		
Equipment	(2) 9x5 pans, (2) binder clips, digital scale & thermometer		

Start by getting the water ready. Heat a cup or two of water in a kettle, as water from the hot tap may contain toxins. Half-fill a 4-cup measuring cup with cold or room temperature water. Add hot (and cold) water, until the water is between 80 and 90° F.

Turn on the digital kitchen scale, and change the units to grams (g). Put a 3-quart mixing bowl onto the scale, and press the Tare button to zero the reading. Add **water** to the bowl to the specified grams. The scale reading will lag behind, so go slowly. *Optional:* Press the Tare button, and add the **oil**. Remove the bowl from the scale and keep it handy. (In a head-to-head test, EV olive oil changes the flavor noticeably and texture slightly. We like it better without EVOO.)

Place a tiny bowl onto the scale and press the Tare button. Add **yeast** to the specified grams. Sprinkle the yeast into the water in the 3-quart bowl. Repeat these steps for the **salt**, **sugar**, and **caraway**. Give the 3-quart bowl a stir.

Place an empty, dry 2-quart mixing bowl onto the scale and press Tare. Add **bread flour** to the specified grams. Press Tare, and add **rye flour** to the specified grams. Turn the scale off, remove the 2-quart bowl, and mix the flours together a little.

Gently spoon or scoop the flour into the edge of the water in the 3-quart bowl, to avoid splashing. Using the handle end of a plastic mixing spoon, mix all the ingredients until the flour is completely absorbed. Use a silicone or dough scraper as needed, to scrape down the edges.

Cover the bowl with plastic wrap (keeps it warmer than cloth) and put it in a warm place to proof (75 to 90° F). I use the microwave oven (without power). Place a beer glass full of hot kettle water in the corner of the oven. For rapid rising, check the dough hourly, and change out the hot water as needed.

After the dough is bubbly (two or three hours), dust the bottom of one pan with cornmeal, to keep the bread from sticking to the pan. Using the spoon handle again, stir the dough briefly to de-gas it. Using the scraper, pull the dough to the edge of the bowl and drop it as neatly as possible into the dusted pan. Push the dough into the edges and corners of the pan, leaving a well in the middle (which should rise more than the edges). Using the second pan upside down as a cover, clip the pans together at the ends, and put the pan assembly back in the microwave with fresh hot water for the second rise. It should be ready after about 40 minutes.

Preheat the oven to 400° F (no fan, in a convection oven). When the dough is bubbly again, put the pan assembly into the oven and bake for 35 to 40 minutes. Take the lid off and gently test the center of the loaf with a digital thermometer: 190° is supposed to be hot enough; mine usually goes over 200° F. The loaf should have risen well into the lid area. For crisper bread, take the cover off at the end, up to 15 minutes. I bake 35 minutes and finish baking with the cover off, up to 5 minutes.

Remove the loaf from the pan and place it on a rack to cool. For best slicing, allow it to cool to room temperature. A paper bag is best for initial storage.

Results

After baking, the peak of the loaf was one inch above the pan line, highly suitable for sandwiches. Achieving this took more than a year of sporadic tests. It all tasted great; no-knead bread is easy and forgiving. If variations in the bread are acceptable, you can do it all with volume measurements, and just the 3-quart mixing bowl.



With dough conditioners, bakery bread may be less dense than this bread.

The Story

This Rye Bread recipe started from that in Jim Lahey's book, *My Bread*. I also used online recipes for ideas, partly because Lahey did not include Caraway.

My wife and I have been making no-knead bread ever since Mark Bittman's 2006 article in *The New York Times* about Lahey's method. The book recommends a pot of about 5 quarts for a 1½ pound loaf. This makes superb bread, with thick crust as from an injection oven – the bread steams in the pot. We used a 2½ quart round Corningware pot, not having a 5, with excellent results. We often added dried fruit and/or nuts, but seldom made sandwiches from the bread.

For several years, we have been getting excellent rye bread from Rainbow Bakery in Cranston, RI. In 2013, they were the only Jewish bakery in Rhode Island, and in 2017 they celebrated their 100th anniversary. The couple who run the bakery is getting on in years and hope to sell the business. I decided to see if I could make good rye bread myself.

The first bread was very good. I tried increasing the rye from a quarter to a third of the flour, but did not like it as much. I made these loaves in the 2½ qt pot, but the bread was too wide and low for the best sandwiches.

Next, I borrowed a pair of Farberware loaf pans, and baked a loaf with a "Poor Man's Dutch Oven," as recommended by Artisan Bread with Steve: <https://www.youtube.com/watch?v=2ZBdhfq6YP4>. My loaf was tasty, but too low: these are full sized pans, and rye does not rise as much as wheat. I increased the recipe by half (2¼ lb), added gluten and tried again, before returning the pans. The center of the bread rose much higher than the rest, and I made a mental note to create a well in the next loaf. Also, the weight seemed to compress the bottom of the loaf.

My next attempt was a 1½ lb loaf in a 1½ qt Corningware pot. Only the center slices were best for sandwiches – but all good for toast!

Next, I ordered two Farberware and two Wilton standard 9x5 bread pans. I kept the Farberware, which had a better finish, and sent the others back. I experimented with 500 g white and 100 g rye flour (too little rye taste) and backed off to 480 and 120 g. I was still not happy – not enough rise, and correspondingly dense – I turned to the internet again.

Steve's recipe and method, <https://www.youtube.com/watch?v=Xn8B74eFaGM>, put me on the right track. The 1¾ lb recipe at the top of the article is transcribed from his video. Steve uses Oxo pans, which are smaller than Farberware. My 2¼ lb recipe is adapted from Steve's. My Lahey-based ratio of flour to water (by grams) was 1.33; Lahey's cooking method is also different. I adopted Steve's wetter ratio of 1.17. The sugar and a warm rise also helped.

More about Proofing and Increasing the Height

At room temperature, dough made with cool water takes 8 to 24 hours to proof. The second rise takes another 1 to 2 hours.

You could do the first rise in the oven with the (not LED) light on, or with a pan of boiling water well below. A large plastic box should also work.

Here are ideas I gleaned from various sources for increasing the height:

- Add gluten, to carry the rye – better crumb without it.
- More yeast – but affects the flavor (I did not like 5 g).
- More sugar – but affects the flavor.
- Less salt – but loaf may fall.
- Less proofing may provide more oven spring.
- Warmer proofing.
- Extra proof before baking.
- Narrower pan – loaf less wide.
- More dough – loaf at least as dense.

More water may be needed in winter; flour is likely to be drier.

Expect a rise of 0.9 times – don't over-proof.

The embossed Farberware logo creates a gap in my poor man's Dutch oven.

<https://www.youtube.com/watch?v=F1fEFWLCflk&feature=youtu.be>

https://www.youtube.com/channel/UCZdfub88-4D0Jc_V4T_yNrA

<http://www.nokneadbreadcentral.com/>

Equipment

Loaf pans, easily found at Amazon:

- Two 9x5 non-stick Farberware steel loaf pans [use my 2 ¼ lb recipe], or
- Two Oxo 1 lb loaf pans [use Steve's 1¾ lb recipe].

Ozeri ZK14-S Digital Kitchen Scale. Weight is more reliable – and easier – than volume: <https://www.amazon.com/Ozeri-ZK14-S-Digital-Multifunction-Kitchen/dp/B004164SRA/>

Digital instant-read thermometer: <https://www.thermoworks.com/Thermapen-Mk4>.

Silicone scraper or dough scraper (minimizes dough sticking to it).

Large mixing bowl: ours is melamine; Steve recommends glass.

Here is the link to Jim Lahey's book from 2009; another came out in 2017.

<https://www.amazon.com/My-Bread-Revolutionary-No-Work-No-Knead/dp/0393066304/>.