

# Olympic Rye Loaf



## Ingredients

### Olympic Rye Loaf

Wholemeal	75%	7500g
Rye Flour	5%	500g
<b>QS Donker Volkoren (Dark Wholemeal)</b>	<b>4%</b>	<b>400g</b>
Fresh Yeast	2%	200g
Salt	1.5%	150g
Water approx.	46%	4600g
Broken Wheat	20%	2000g
Soaking water for Broken Wheat	20%	2000g

## Working Method

Soaking	Soak the broken wheat for approx. 12 hours in lukewarm soaking water
Kneading	Knead all ingredients into a smooth and well developed dough
Dough temperature	Approx. 26°C.
Bulk proof	Approx. 60 minutes
Scale	Dough pieces approx. 900 gram and rounding
Dough proof	Approx. 60 minutes
Moulding	Mould as a long loaf. Decorate with rye flour and place the dough pieces on a with rice flour prepared inserter. Incise as desired
Final proof	Approx. 70 minutes
Baking	Approx. 40-45 minutes at 230°C with not too much steam



For more information please contact Sonneveld: +31 (0)78 644 25 25 or send an e-mail to [info@sonneveld.com](mailto:info@sonneveld.com). Our specialists are glad to assist you.

### Bakery Ingredients

Sonneveld Group B.V. - Rietgorsweg 1-3 - P.O. Box 42 - 3350 AA Papendrecht - The Netherlands  
Tel. +31 (0)78 644 25 25 - [www.sonneveld.com](http://www.sonneveld.com) - [info@sonneveld.com](mailto:info@sonneveld.com)