

MARBLE RYE BREAD

INGREDIENTS

Light Rye

1 1/2 White Rye Flour

3 cups Unbleached Bread Flour

1 1/2 teaspoons salt

1 3/4 tablespoon Instant Yeast

1 tablespoon Molasses

2 tablespoons Shortening

About 1 1/4 cups plus 2 tablespoons Water, at Room Temperature

Dark Rye

1 1/2 White Rye Flour

3 cups Unbleached Bread Flour

1 1/2 teaspoons salt

1 3/4 tablespoon Instant Yeast

1 tablespoon Molasses

2 tablespoons Shortening

About 1 1/4 cups plus 2 tablespoons Water, at Room Temperature

2 tablespoons liquid caramel coloring, cocoa, carob or coffee powder dissolved in 2 tablespoons water

Egg wash

1 egg

2-3 tablespoons water

DIRECTIONS

To make the light rye, stir together the flours, salt, yeast, and caraway seeds in a 4-quart bowl (or in the bowl of an electric mixer). Add the molasses, shortening, and 1 1/4 cups water. Mix until the dough gathers all the loose flours and forms a ball (or mix for about 1 minute on low speed with the paddle attachment), adding the additional 2 tablespoons of water only needed. Sprinkle a little flour on the counter, transfer the dough to the counter, and begin to knead (or mix on medium-low speed with the dough hook). Knead for 4 to 6 minutes (or 4 minutes by machine), adding sprinkles of flour, if necessary. The dough should feel supple and pliable, a little tacky but not sticky. Lightly oil a large bowl and transfer the dough to the bowl, rolling it to coat it with oil. Cover the bowl with plastic wrap.

To make the dark rye, stir together the flours, salt, yeast, and caraway seeds in a 4-quart bowl (or in the bowl of an electric mixer). Add the molasses, shortening, 1 1/4 cups water, and liquid caramel coloring. Mix until the dough gathers all the loose flour and forms a ball (or mix for about 1 minute on low speed with the paddle attachment), adding the additional 2 tablespoons of water only if needed. Sprinkle a little flour on the counter, transfer the dough to the counter, and begin to knead (or mix on medium-low speed with the dough hook). Knead for 4 to 6 minutes (or 4 minutes by machine), adding sprinkles of flour, if necessary. The dough should feel supple and pliable, a little tacky but not sticky. Lightly oil a large bowl and transfer the dough to the bowl, rolling it to coat it with oil. Cover the bowl with plastic wrap.

Ferment both doughs at room temperature for approximately 90 minutes, or until each dough doubles in size.

Turn each of the doughs onto a lightly floured counter. Roll out both light and dark rye breads, roll together and cut into 3-4 loaves. Place into lightly buttered/spray oiled baking pans. Mist the loaves with spray oil and cover loosely with plastic wrap. Proof at room temperature for 60 to 90 minutes, or until the loaves nearly double in size. The dough can then be proofed and baked as much as 2 days later, if left to proof in the refrigerator.

Preheat the oven to 350°F with the oven rack on the middle shelf. For the egg wash, whisk together the egg and water until frothy and brush the loaves evenly but gently with the mixture.

Bake for approximately 45-55 minutes; the time will vary depending on the oven. You may need to rotate the pan(s) 180 degrees after 20 minutes for even baking. The internal temperature of the bread should be 190F, and the loaves should make a hollow sound when thumped on the bottom. When the loaves have finished baking, remove them immediately from the pans and cool on a rack for at least 1 hour, preferably 2 hours, before slicing or serving.