

New York Deli Rye Bread

Yield: 10 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/new-york-jewish-rye-bread-recipe>

Ingredients:

- 3/4 cup bread flour 4 ounces, 117 grams
- 3/4 cup rye flour 3.3 ounces, 95 grams
- 1/2 teaspoon instant yeast
- 1 1/2 tablespoons sugar 0.6 ounces, 18.7 grams
- 1/2 tablespoon malt powder
- 10 1/2 grams sugar
- 1 1/2 cups water 12.5 ounces, 354 grams, at room temperature
- 2 1/4 cups bread flour 12.5 ounces, 351 grams
- 5/8 teaspoon instant yeast
- 2 tablespoons caraway seeds 0.5 ounces, 14 grams, you can grind these if you want to avoid the crunch
- 1/2 tablespoon coarse salt 0.3 ounces, 10.5 grams
- 1/2 tablespoon vegetable oil 0.25 ounces, 6.7 grams
- 2 teaspoons cornmeal about 0.5 ounces, 16 grams, for sprinkling

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 40 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 360 milligrams
7. Sugar: 3 grams

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