

Borodinsky Bread (Russian Rye Bread)

Yield: 10 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-russian-rye-bread-recipe>

Ingredients:

- 7 13/16 tablespoons rye flour wholegrain
- 3 3/8 tablespoons cold water
- 1 tablespoon rye flour wholegrain, / 1 tablespoon cold water each per day for 4 days.
- 5/8 cup cold water
- 1 cup rye flour
- 1 3/4 cups rye flour plus extra for dusting
- 1 teaspoon sea salt
- 1 1/2 tablespoons caraway seeds around 1 tbsp
- 2 tablespoons coriander seeds lightly crushed, plus extra for topping, around 1 tbsp
- 1 teaspoon molasses
- 9/16 cup cold water
- oil for greasing

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 26 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 240 milligrams
7. Sugar: 1 grams

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