

Black Bread

Yield: 4 min

Total Time: 290 min

Recipe from: <https://www.recipeschoose.com/recipes/rye-flour-recipe-indian>

Ingredients:

- 2 1/4 teaspoons active dry yeast
- 400 milliliters warm water 105 - 115F
- 1 teaspoon cane sugar natural, / brown sugar
- 2 tablespoons cocoa powder
- 2 tablespoons espresso beans finely ground
- 70 milliliters molasses
- 3 teaspoons caraway seeds plus more for topping
- 3 tablespoons unsalted butter cut into pieces
- 2 teaspoons fine grain sea salt
- 2 cups grated carrot coarsely, 2 large
- 1 1/3 cups rye flour
- 3 1/4 cups bread flour or unbleached all -purpose flour, plus more for dusting
- olive oil for kneading and oiling baking sheet
- 2 tablespoons buttermilk water, or milk

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 136 grams
3. Cholesterol: 25 milligrams
4. Fat: 17 grams
5. Fiber: 10 grams
6. Protein: 20 grams
7. SaturatedFat: 6 grams
8. Sodium: 1240 milligrams
9. Sugar: 18 grams

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