



# Mock Rye Bread

A variety of grains and flours, with the addition of caraway seeds make a rich, dark bread reminiscent of rye bread. Can be made with our [Artisan Flour Blend](#) or our [Bread Mix](#).

## Ingredients

Option 1: Using Artisan Flour Blend

- 3 cups [Pamela's Artisan Flour Blend](#)
- ¼ cup teff (uncooked grain)
- ¼ cup red quinoa (uncooked grain)
- ¼ cup buckwheat flour
- 2 TBSP sorghum flour
- 1½ tsp salt
- ½ tsp baking soda
- 1 tsp sugar
- 2 TBSP caraway seed
- 1¼ cups plus 2 TBSP warm water (100°F maximum)
- 2¼ tsp yeast (1 packet)
- 2 eggs, large
- ¼ cup oil
- 2 TBSP molasses

Option 2: Using Bread Mix

- 3 cups [Pamela's Bread Mix](#)
- ¼ cup teff (uncooked grain)
- ¼ cup red quinoa (uncooked grain)
- ¼ cup buckwheat flour
- 2 TBSP sorghum flour
- ½ tsp salt
- 2 TBSP caraway seed
- 1¼ cups plus 2 TBSP warm water (100°F maximum)
- 2¼ tsp yeast (1 packet)
- 2 eggs, large
- ¼ cup oil
- 2 TBSP molasses

## Directions

Option 1: Using Artisan Flour Blend



Whisk together first nine ingredients: All-Purpose Flour, teff, quinoa, buckwheat flour, sorghum, salt, baking soda, sugar and caraway seed in the bowl of a stand mixer. Add yeast to warm

water and allow to proof for a few minutes. In separate small bowl mix eggs, oil, and molasses. Add egg mixture and water with yeast to the bowl and mix until completely combined, about a minute, scrape sides if necessary.

Pour into a large 5 x 9-inch bread pan that has been sprayed and prepped with a parchment collar. Smooth top with a little oil and cut a few slits with a sharp knife (to prevent the bread from bursting open). When you fit the pan with a parchment collar (this allows higher rising) you can drape the plastic wrap over the whole thing and keep in a warm, draft free area, raise until doubled (about 45 to 60 minutes).

Preheat oven to 350°. Bake in top third of the oven for 60 to 65 minutes. Cool in pan for 10 minutes then remove from pan to complete cooling on a wire rack.

#### Option 2: Using Bread Mix



Whisk first seven dry ingredients together: All-Purpose Flour, teff, quinoa, buckwheat flour, sorghum, salt and caraway seed in the bowl of a stand mixer. Add yeast to warm water and allow to proof for a few minutes. In separate small bowl mix eggs, oil, and molasses. Add egg mixture and water with yeast to the bowl and mix until completely combined, about a minute, scrape sides if necessary.

Pour into small 4 x 8" bread pan that has been sprayed, spread the dough evenly into the pan, especially the corners, smooth top with a little oil and cut a few slits to prevent the bread from bursting open. Keep in a warm, draft free spot, and let rise to double.

Preheat oven to 350°. Bake in top third of the oven for 60 to 65 minutes (200° internal temperature with an instant read thermometer). Remove collar and cool in pan for 5 minutes then carefully remove from pan to complete cooling on a wire rack, loaf turned on one side.

Chef's Note: If you fit the pan with a parchment collar which allows for higher rising, you can drape plastic wrap over the collar and seal the plastic to the edges of the pan and it will rise quite well and very quickly in a barely warm oven.

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