

ingredient variation

ONION RYE LOAF

Even though this bread has rye in the title, it has more in common with White Sandwich Bread (see page 289) than it does with many of the 100% rye breads in the Rye Breads chapter beginning on page 328. Using milk instead of water and adding oil softens the dough, while a low percentage of rye flour allows the gluten in the wheat to develop a well-structured crumb. The onion elements come in three forms: caramelized onions, fresh chives, and onion powder. It's an ideal bread for many deli sandwiches.



TOTAL TIME Active 6 min Inactive 4 h 35 min	DDT 24-26°C/ 75-78°F	DIFFICULTY Easy: mixing, shaping	OVENS ★ Convection ★ Combi Home	YIELD / SHAPES 1 lg loaf 2 sm loaves
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Whole milk, cold	300 g	1¼ cups	60
	Instant dry yeast	8 g	1 Tbsp	1.6
②	Bread flour	500 g	3⅔ cups	100
	Liquid rye levain, mature see page 3-54	200 g	¾ cup + 1 Tbsp	40
	Diastatic malt powder	2.5 g	1 tsp	0.5
③	Canola oil	25 g	3 Tbsp	5
	Fine salt	12 g	2 tsp	2.4
④	Browned onions see page 5-XXIII	80 g	⅓ cup	16
	Onion powder	20 g	3 Tbsp	4
	Caraway seeds, ground	12 g	1 Tbsp + 2 tsp	2.4
	Fresh chives, minced	8 g	¼ cup	1.6
	Vegetable oil	as needed		
	Egg wash see page 3-270	as needed		
	Yield	~1.17 kg		

NET CONTENTS		
Ingredients	Weight	%
Bread flour	500 g	84.6
Light rye flour	91 g	15.4
Water	364 g	61.59
Fat	35 g	5.92
Sugar	15 g	2.54
Salt	12 g	2.03
Yeast	8 g	1.35
Diastatic malt powder	2.5 g	61.59

Consume within 1-2 d, or freeze for up to 2 mo.

For salt, flours, substitutions, and other notes, see pages viii-xi.

GENERAL DIRECTIONS

			PROCEDURE	NOTES	TIME active/inactive
MIX	by machine		combine ① in mixer's bowl, and stir to dissolve the yeast; add ②, and mix on low speed to medium gluten development; add ③, and mix on medium speed to full gluten development; turn mixer off, and add ④; mix on low speed until just combined; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Machine Mixing options, page 291, and Gluten Development, page 3-89	16-20 min
BULK FERMENT			1½ h total; 1 fold after 45 min; 45 min rest after final fold	see Folding, page 3-128; prepare loaf pans, page 287	1 min/1½ h
DIVIDE/SHAPE	divide	lg loaf	sm loaf	see How to Divide Your Dough, page 3-136	0-1 min
		do not divide	500 g		
	shape	oblong bâtard		see How to Preshape and Shape a Bâtard, page 3-154	2-3 min
FINAL PROOF	27°C/80°F 65% RH	¾-1 h	30-45 min	brush with oil before proofing; cover when proofing at room temperature; see Final Proofing Methods, page 3-212	½-2 h
		1½-2 h	1-1½ h		
SCORE		3 diagonal scores across the top		apply egg wash before baking; see Scoring, page 3-230	30 s-1 min
BAKE		see White Sandwich Bread Baking Times and Temperatures, page 293			35-45 min
TOTAL TIME					by machine 6 min/4 h 35 min