

## Rye Bread

(adapted from "Bread Toast Crumbs" by Alexandra Stafford)

### Ingredients:

3 cups all-purpose flour  
1 cup rye flour  
2 tsp kosher salt  
2 ¼ tsp instant yeast (one pkg)  
1 tbsp caraway seeds  
1 tbsp honey  
2 cups lukewarm water  
½ cup melted butter (plus more for greasing bowls)

### Directions:

1. In a large bowl, whisk together both flours, salt, yeast, and caraway seeds.
2. Dissolve the honey in the warm water and melt the butter in a small bowl.
3. Stir in the honey water and melted butter until all liquid is dissolved and the dough is sticky.
4. Cover the bowl and place it in a warm place to rise. Allow 1 – 1 ½ hours to double in size.
5. Preheat oven to 425 degrees with rack in the middle of the oven and grease two 1-quart oven-safe bowls with extra butter.
6. After dough has doubled in size, take two forks and deflate the dough by pulling the outer edges of the dough inward toward the center, rotating the bowl as necessary.
7. Divide the dough in half (you can use the forks to lightly separate the dough while in the bowl).
8. Scoop out each dough half and place each half in one of the two separate buttered bowls. The dough may not come out as one half, you may need to eyeball and scoop a couple of times to get as close to half as possible.
9. Place the two bowls in a warm place uncovered allowing the dough to rise to the edge of the bowl or slightly above it. This will take about 30 minutes.
10. Place the bowls in the preheated oven for 15 minutes. Reduce the oven temperature to 375 degrees and bake for an additional 17-20 minutes until tops and bottoms are golden brown.
11. Remove bread from bowls onto a cooling rack.
12. Let loaves cool for about 15 minutes before cutting (if you can wait).
13. Serve with butter or toast it and use it as a base for an appetizer.