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- Whole Wheat and Rye Sourdough Bread
  - (From King Arthur Flour)
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- Ingredients

- 1 tablespoon **instant yeast**
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- 1 3/4 cups lukewarm milk
  - 2 cups sourdough starter, fed or unfed, any variety is fine
  - 1/4 cup packed dark brown sugar
  - 2 teaspoons salt
  - 1/2 teaspoon ground cardamom
  - 1 tablespoon caraway seeds
  - 1 teaspoon whole anise seeds
  - 1 cup **white rye flour**
  - 1 cup **whole wheat flour**
  - 3 1/2 to 4 cups **unbleached all-purpose flour**
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# Instructions

1. Combine the yeast, milk, sourdough starter, sugar, salt, cardamom, and seeds. Stir in the rye flour and beat until the batter is smooth.
2. Add the whole wheat flour, then the unbleached all-purpose flour, a cup at a time, stirring well after each addition. When the dough has formed a shaggy mass, turn it out onto a lightly floured counter.
3. Knead the dough and add just as much flour as you need to keep the dough from sticking to the counter. The dough should be a little tacky, but not sticky.
4. Place the dough in a greased bowl. Cover with a damp towel or plastic wrap and let rise until it has doubled in bulk, about 1 1/2 to 2 hours.
5. Gently deflate the dough and place it on a lightly floured counter.
6. Shape as desired; you can make one huge loaf, three normal loaves, four mini loaves, or about 24 rolls.
7. Cover the loaves and let them rise for about 45 to 60 minutes, or until they're puffy.
8. Preheat the oven to 400°F.
9. Bake the bread for about 25 minutes, or until the bread is nicely browned and sounds hollow when thumped on the bottom. Remove from the oven, and cool on a rack.
10. Store, well-wrapped, for 3 days on the counter. Freeze for up to 3 months.