How to Bake A Traditional German Rye Bread

It was only a few years back that I first tried rye bread, I wish I had tried it sooner as it is so hearty and delicious, it makes a nice change from normal wheat breads. Rye is also great nutritionally and it can help to give balance to our very wheat heavy diets.

If you want to have a go at baking your own traditional German rye bread, check out the recipe and tutorial below from 'Roots Simple'. This recipe is made using a rye starter (sourdough), but there is also tutorial/video showing you how to start your own rye sourdough (which is a great idea by the way as you might not always be able to get hold of some bread yeast.) Check out the recipe and get baking!

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(Photo from: Roots Simple)