

German Whole Grain Bread - Schwarzbrot

Course: Breakfast

Cuisine: German

Equipment

- 4 - 5 loaf pans (number depending on their size)

Ingredients

Pre Dough

- 150 g Sourdough Starter
- 1000 g Grains (rye or grain mix)
- 350 g rye flour
- 1200 ml water (5 cups)

Bread Dough

- 250 g Flax Seeds
- 400 ml boiling Water
- 350 g all purpose flour
- 350 g Einkorn or Spelt Flour
- 250 g Sunflower Seeds or Pumpkin Seeds
- 1-2 Tbsp. Molasses
- 80 g salt
- 15 g [bread spice](#)
- 3 Packages dry yeast

To feed the Sourdough

- 75 g all purpose flour
- 75 ml water