Our medium rye flour is a slightly darker rye, milled closer to the bran than white rye. It yields a dense, flavorful rye bread.
Nutrition Facts

45 servings per container
Serving size 1/3 cup (30g)

Amount per serving
Calories 100

% Daily Value*
Total Fat 0g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 23g 8%
Dietary Fiber 4g 13%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 3g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OUR RECIPE FOR
RUSSIAN RYE BREAD

1 1/4 cups lukewarm water (105°F to 115°F)
2 tablespoons honey
2 teaspoons instant yeast
1 1/2 cups King Arthur Medium Rye Flour
2 teaspoons salt
1 tablespoon caraway seeds
3 tablespoons unsalted butter, melted
3 cups King Arthur Unbleached All-Purpose Flour

Combine warm water and a teaspoon of honey in a mixing bowl. Stir in yeast and rye flour.

Let sponge work for 20 minutes, or until bubbly.

Stir in remaining honey, salt, caraway seeds, butter, and enough flour to create a dough that begins to pull away from the sides of bowl. Cover and let rest for about 5 minutes.

Turn out onto a lightly floured work surface, and knead until smooth and elastic, about 10 minutes, adding only enough flour to keep dough from sticking unbearably. (Rye dough will always be a bit sticky). Halfway through, let rest while you clean out and grease mixing bowl.

Shape dough into a ball, place it in the greased bowl, turning to coat, and cover. Let rise for about 1 1/2 hours, or until doubled in bulk.

Gently deflate and divide in half. Shape into ovals, place on a lightly greased or parchment-lined baking sheet, cover, and let rise for 30 minutes.

Bake in a preheated 375°F oven for 45 minutes, or until the crust is dark brown, and the interior temperature measures 190°F to 200°F on an instant-read thermometer.

Cool on a wire rack.

Yield: 2 loaves.

INGREDIENTS: Rye Flour.

CONTAINS: Wheat.

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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.