NORDIC · BREAKFAST · LUNCH · SNACK

Rugbrød: Danish Seeded Sourdough Rye Bread

260 min · Serves 16 · 254 kcal a serve · Video 7:35 · Foodgeek

Vegetarian · No nuts listed

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A dense wholegrain loaf made almost entirely from rye flour and cracked rye kernels with pumpkin seeds: high in fibre, with plant protein, magnesium and zinc, and only about 3 g of malt syrup per serve.

Diet notes: Low saturated fat (1.3 g, 5% of the energy).

Ingredients 11 · SERVES 16

- [ ] 4 oz **active wheat sourdough starter** (100% hydration), for the levain
- [ ] 5 oz **wholegrain rye flour**, for the levain
- [ ] 12 oz **water**, for the levain (14 oz of the levain goes into the dough; keep the rest as starter)
- [ ] 12 oz **cracked rye kernels**
- [ ] 6 oz **pumpkin seeds**
- [ ] 1 lb **water**, to soak the kernels and seeds (some bakes off)
- [ ] 14 oz **wholegrain rye flour**
- [ ] 7 oz **water**, for the dough
- [ ] 1¾ oz **malt syrup**
- [ ] ¾ oz **salt**
- [ ] **butter**, for greasing the tin

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. The night before, mix the starter, 5 oz rye flour and 12 oz water into a levain. In another bowl, stir the cracked rye and pumpkin seeds into 1 lb water. Leave both on the counter overnight. 1:02
2. Next day, mix 14 oz of the levain with the salt, malt syrup, 14 oz rye flour and 7 oz water. Add the soaked kernels and seeds (strain off any free water) and mix until evenly combined. 1:54
3. Butter a loaf tin, add the sticky dough and level the top with a wet spatula. Cover and leave to rise by 30–50% (2–6 hours), until 6–7 pinholes appear on the surface. 2:22
4. Bake at 475°F for 10 minutes, then lower to 350°F and bake 40–70 minutes more, until the centre reaches about 208°F. 3:06
5. Cool on a rack, then seal in a bag and rest for a day before slicing so the crumb and crust soften. 3:29

> **Tip** Makes 1 loaf; serves 16 (our estimate). Time excludes the overnight levain and seed soak and the day's rest before slicing. Rye is entered as wholemeal flour, so real fibre is higher. Keeps a week wrapped; freezes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal	10 g	42 g	6.2 g	6.8 g	490 mg
1,060 kJ	20% of a day	36 g net · 2.3 g sugars	22% of a day	1.3 g saturated	21% of a day
		15% of a day		9% of a day	

Energy from net carbs 59% · protein 16% · fat 25%

High in (20%+ of a day) Selenium 61% · Magnesium 32% · Zinc 20%

Source of (10–19%) Iron 16% · Vitamin B6 13%

Recipe and video: Foodgeek (@Foodgeek) on YouTube — youtube.com/watch?v=8EanzisEiMc, published 8 June 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/danish-rye-bread-rugbrod