

Crusty Bread with Styrian Pumpkin Seed Oil P.G.I.



Bread

Kind of recipe



30 Minutes

Preparation



middle

Severity

80-100 Minutes



Ingredients for 6 people

½ l sour milk or buttermilk
400 g rye flour 960
200 g all purpose flour
150 g ground Styrian pumpkin seeds
3 tsp salt
½ pkg dried yeast
5 tblsp Styrian Pumpkin Seed Oil P.G.I.
warm water as necessary

Preparation

Work all of the ingredients into a soft yeast dough, knead for 10 - 15 minutes, place the dough in a floured bread pan and let rise in a warm place for at least 20 - 25 minutes. Bake in a preheated oven at 240°C for 10 minutes, then lower the temperature to 190°C and bake for 40 minutes, until finished.

Tip: Before removing the bread from the oven, test whether the bread is baked right through with a wooden skewer.

Recipe from **Gemeinschaft Steirisches Kürbiskernöl g.g.A.** / Foto: **Stefan Kristoferitsch**