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KSL TV, Eyewitness News at Noon Monday, March 13, 2006

“Marble Rye Bread”

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Celebrate St. Patrick’s Day with this recipe - Ruben Sandwiches are excellent on marble rye bread. Makes 2 loaves

Ingredients:

- 2 1/3 cups milk
- 1/2 cup sugar
- 2 tablespoons active dry yeast
- 3 tablespoons butter, melted
- 2 1/2 teaspoons salt
- 3 1/2 cups white flour, divided
- 1 1/2-2 cups rye flour
- 2 tablespoons caraway seeds

Method:

Heat milk to lukewarm temperature; place in mixing bowl; sprinkle with 2 tablespoons sugar; stir in yeast. Stir to dissolve yeast.

Beat in remaining sugar, 2 1/2 cups white flour, melted butter, and salt.

Beat until smooth and spongy. Pour approximately 2 1/2 cups sponge into a second mixing bowl; set aside. In the remaining sponge, stir in enough more white flour to make dough stiff enough to knead (approx. 1-1 1/4 cups flour). On a lightly floured surface, knead until smooth and elastic. Place in clean greased bowl, cover and allow to rise until double in bulk.

To the second mixing bowl, stir in caraway seeds and enough rye flour to make dough stiff enough to knead (approx. 1 1/2-2 cups rye flour). On a lightly floured surface, knead until smooth and elastic. Place in clean greased bowl, cover and allow to rise until double in bulk.

Punch down dough, by lightly kneading to remove excess air. Divide each dough in half. Spray counter or board with non-stick spray. Roll 1/2 rye dough into a 7x15 inch rectangle; roll 1/2 white dough into a 6x14 inch rectangle. Place white dough on top rye dough. Starting at one end, snugly roll up dough into a log. Place in greased 8.5x4.5 inch loaf pan – or tuck ends under to create a ball and place on greased baking sheet. Brush top with melted butter, cover and allow to rise until double in bulk. Repeat with remaining bread dough.

Preheat oven to 350⁰ F. Bake for 35-40 minutes or until golden brown and hollow sounding when thumped. Remove from pans and brush with butter.



Nutrition Facts	
Serving Size 2 slices (88g)	
Servings Per Container 16 slices per loaf	
Amount Per Serving	
Calories 210	Calories from Fat 30
%	
Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	13%
Sugars 9g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	