

Galician Rye Bread

Pan Gallego de Centeno

Spain There are many variations of pan Gallego, each with a distinctive shape and composition. This one comes from Ourense, in south central Galicia, not far from the Portuguese border. To the Spaniards, the full, round loaf, topped with a spherical knot of dough, like a brioche, resembles a female breast, earning it the name moña (“female mannequin”).

This bread starts with a rye sponge to which bread flour, salt, a touch of yeast, and a large amount of water—85% of total flour weight—are added, producing a very wet, very loose dough. The dough rests for 20 minutes to initiate gluten formation, followed by an unusually long 30 minutes of machine kneading to strengthen the gluten. The result is a crusty, rustic loaf with a surprisingly open crumb. Bright sour dominates, supported by the spicy sweetness of wheat and rye.

This is a great all-around table bread but is at its finest in pa amb tomàquet, sometimes called “Catalan bruschetta.” To make it, toast a slice of Galician Rye, rub it with a clove of garlic, and then grate half of a tomato on the toast, until the pulp and juice are fully absorbed and only the skin remains. Top with a sprinkling of kosher salt and a few drops of extra virgin olive oil. Wash it down with a glass of Spanish Rioja.

Rye %: 44%

Stages: Sponge, final dough

Leaven: Rye sour culture, yeast

Start to finish: 13–16 hours

Hands-on time: 45–50 minutes

Yield: One 2 lb./910 g loaf

SPONGE

INGREDIENT	GRAMS	OUNCES	VOLUME	BAKER'S PERCENTAGE
Medium rye flour	170	6.00	1½ cups	100%
Water	170	6.00	¾ cup	100%
Rye sour culture (see page 35)	17	0.60	4 tsp.	10%

1. In the mixer bowl, mix the sponge ingredients by hand until incorporated, cover and ferment at room temperature (68–72°F/20–22°C) overnight, 10–12 hours. The sponge will be very bubbly, have a clean sour smell, and will have doubled in volume.

FINAL DOUGH

INGREDIENT	GRAMS	OUNCES	VOLUME
Water at room temperature	285	10.05	1¼ cups
Bread flour	300	10.60	2⅛ cups
Rye sponge	357	12.60	Use all
Medium rye flour	65	2.30	½ cup
Salt	9	0.30	1½ tsp.
Instant yeast	1	0.05	⅓ tsp.
Flour for dusting	As needed		

2. Add the water and 50 g/1.80 oz./ 1/3 cup of the bread flour to the sponge and hand-mix until it forms a slurry. Add the remaining bread flour and the rye flour and use the paddle to mix at low (KA2) speed until the dough is evenly hydrated, 3–4 minutes. Cover the dough and let it rest for 15–20 minutes.
3. Add the salt and yeast and use the dough hook to mix at low (KA2) speed until the the gluten is very well developed, 30–35 minutes. Cover and ferment at room temperature until doubled in volume, 2–2½ hours.
4. Turn the dough onto a generously floured work surface and gently form it into a ball by folding it toward you, rotating 90 degrees and repeating until the bottom surface is smooth. Flip the dough, pinch a golf-ball-sized piece of dough from the center of the loaf and stretch it upward without separating it from the loaf, then form a depression and place the ball of dough inside. Place on a parchment-lined sheet pan or, if using a baking stone, on a well-floured peel. Cover and proof at room temperature for 10 minutes.
5. Preheat the oven to 430°F/220°C with the baking surface in the middle and a steam pan (see page 76) on a lower shelf. Bake with steam for 15 minutes, then remove the steam pan and lower the temperature to 390°F/200°C. Bake until the crust is golden brown, the loaf thumps when tapped with a finger, and the internal temperature is at least 198°F/92°C, 35–40 minutes. Transfer to a rack and cool thoroughly before slicing.

BAKER'S PERCENTAGE

INGREDIENT	G	%
TOTAL FLOUR	535	100.00%

Bread flour	300	56.07%
Medium rye flour	235	43.93%
Water	455	85.05%
Salt	9	1.68%
Instant yeast	1	0.19%
Rye sour culture	17	3.18%
TOTAL FORMULA	1,017	190.10%
Total flour prefermented	170	31.78%

