

Salt and Serenity

Rustic Rye Dough

This recipe comes from the book “Good to the Grain”, by Kim Boyce and Amy Scattergood. (Stewart, Tabori & Dhang, 2010). Amy uses the dough to make Apricot Boysenberry Tarts, but I made a savory tart with it.

Dry mix:

1 cup rye flour
1 cup all-purpose flour
1 tablespoon sugar
1 teaspoon kosher salt

Wet mix:

6 ounces (1 1/2 sticks) cold unsalted butter
1 teaspoon apple cider vinegar

1. Sift the dry ingredients into a large bowl, adding back any bits of grain or other ingredients that may remain in the sifter. Cut the butter into 1/2-inch pieces and add them to the dry mixture.
2. Rub the butter between your fingers, breaking it into smaller bits. Continue rubbing until the butter is in sizes ranging from peas to hazelnuts. The more quickly you do this, the more the butter will stay solid, which is important for the success of the recipe.
3. Add the vinegar and 8 tablespoons of ice water to the flour mixture. Working from the outer edge of the flour, mix the ingredients with your hands just to moisten the flour. The dough needs to come together as mostly one lump, with a few shaggy pieces. Squeeze the dough together to see if a ball forms. If it is too dry to come together, add additional ice water 1 tablespoon at a time.
4. Pile the dough onto a sheet of plastic wrap, sprinkle a few drops of water over the top, wrap tightly, and chill for a minimum of 1 hour or overnight.
5. Unwrap the dough onto a floured surface. Pat the dough into a square, then use a rolling pin to roll it into a rectangle about 8 1/2 by 11 inches. The dough will be crumbly and rough around the edges, but don't add more flour or water, as it will come together during the rolling.

6. For the first turn, fold the dough into thirds like a letter. The seam should be on the left side. Turn the dough so that the seam is at the top and parallel to your body.
7. For the second turn, again roll the dough into an 8 1/2-by-11-inch rectangle and repeat the previous step.
8. For the third turn, repeat the previous step, then wrap the dough in plastic and chill in fridge for 1 hour or up to 3 days before using, or freezer for up to a month. Thaw dough in fridge if frozen.