

## 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**