No-Knead Bread

Basic Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Bread Flour</td>
<td>3 Cups / 400 Grams</td>
</tr>
<tr>
<td>Yeast</td>
<td>– ¼ tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1¼ - tsp</td>
</tr>
<tr>
<td>Water</td>
<td>– 1⅓ Cups / 300 Grams</td>
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Time to Make:
- Mixing – 5 min.
- First Ferment – 12 – 16 hours
- Fold & Rest – 1 – 2 hours
- Bake: 60 min.
- Cool: 45 min.

Yield – 1 – 10” Round; 1 ¼ lbs.

STAGE 1

Mix dry ingredients together in a medium bowl. Add water, mixing with spoon, spatula or dough scraper. (You can even just use your fingers.)

Dough should be wet and very sticky. Don’t worry about forming into a ball at this point. Cover with plastic wrap or plate and place in room temperature area for 12-16 hours. Patience is the key to flavor.

STAGE 2

Check the dough – it should have doubled in size and have bubbles on the surface.

Flour counter: Using dough scraper, gently scrape dough out of the bowl onto floured surface. Dough should come out in one blob. Fold dough over itself several times, then gently squeeze and turn until it forms a ball, with the seams on the bottom.

Lay a kitchen towel on the counter, and sprinkle some flour or oat bran on it. Gently lift the dough ball and place it on the towel. Flour the top and fold the towel over the top. Place on sheet pan or other surface and allow to rest for 1 – 2 hours.

STAGE 3

30 minutes before end of resting period set oven at 450° and place Dutch Oven in oven. Cut a piece of parchment paper about 7” x 14”.

Dough should have doubled in size. Unfold the towel and flip dough on to middle of parchment paper so that the bottom is now the top.

BEING VERY CAREFUL – remove the pan from oven and take lid off. Gently lift both ends of parchment and place dough in pan. Place lid back on top and slide onto shelf near bottom of oven.

Set timer for 30 minutes. When timer goes off, take the lid off. Bread should have risen, but look soft.

Set timer for 25 minutes. When timer sounds, take pan from oven. The bread should look dark and crusty. Then, using parchment ends, pull bread out and place on cooling rack or other surface.

Now that hard part……wait at least 45 minutes before slicing!!

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NO-KNEAD BREAD BAKING TOOLS

Required:

- 4.5 – 5.5 QT Dutch Oven with Lid
- Parchment Paper
- Kitchen Towels
- Bread Knife

Recommended:

- Dough Scraper
- Digital scale
- Oven Temperature Gauge
- Pizza Stone
- Bench Scraper
- Roul Pat

Recommended Reading

<table>
<thead>
<tr>
<th>TITLE</th>
<th>AUTHOR</th>
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<tbody>
<tr>
<td>My Bread</td>
<td>Jim Lahey</td>
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<tr>
<td>Dough (includes DVD)</td>
<td>Richard Bertinet</td>
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<tr>
<td>Bread Baker’s Apprentice</td>
<td>Peter Reinhart</td>
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<tr>
<td>Crust and Crumb</td>
<td>Peter Reinhart</td>
</tr>
<tr>
<td>Brother Juniper’s Bread</td>
<td>Peter Reinhart</td>
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NOTES:

Interested in cooking/baking classes? Check out Cookingatthecottage.com or call 502-893-6700.

Questions? E-mail bradsbreads@gmail.com