Making No-Knead Bread

HOMEMADE,

EASY,

& DELICIOUS!

Equipment:

- Medium bowl (glass, plastic, pottery)
- Teaspoons (1 tsp. and ¼ tsp. sizes)
- Dry measuring cup
- Liquid measuring cup
- Whisk or large stirring spoon (or may use hands)
- Plate, tea towel, or plastic wrap (used to cover medium bowl)
- Parchment paper (optional)
- 4 ½ to 5 ½ quart heavy pot with lid (e.g., cast iron, stainless steel, or ceramic Dutch oven)
- Bread knife (serrated “jagged edge” knife preferred)
- Potholders (for removing hot pot from oven)
- Cooling rack (optional)
- Cutting board

Ingredients:

No-Knead Bread

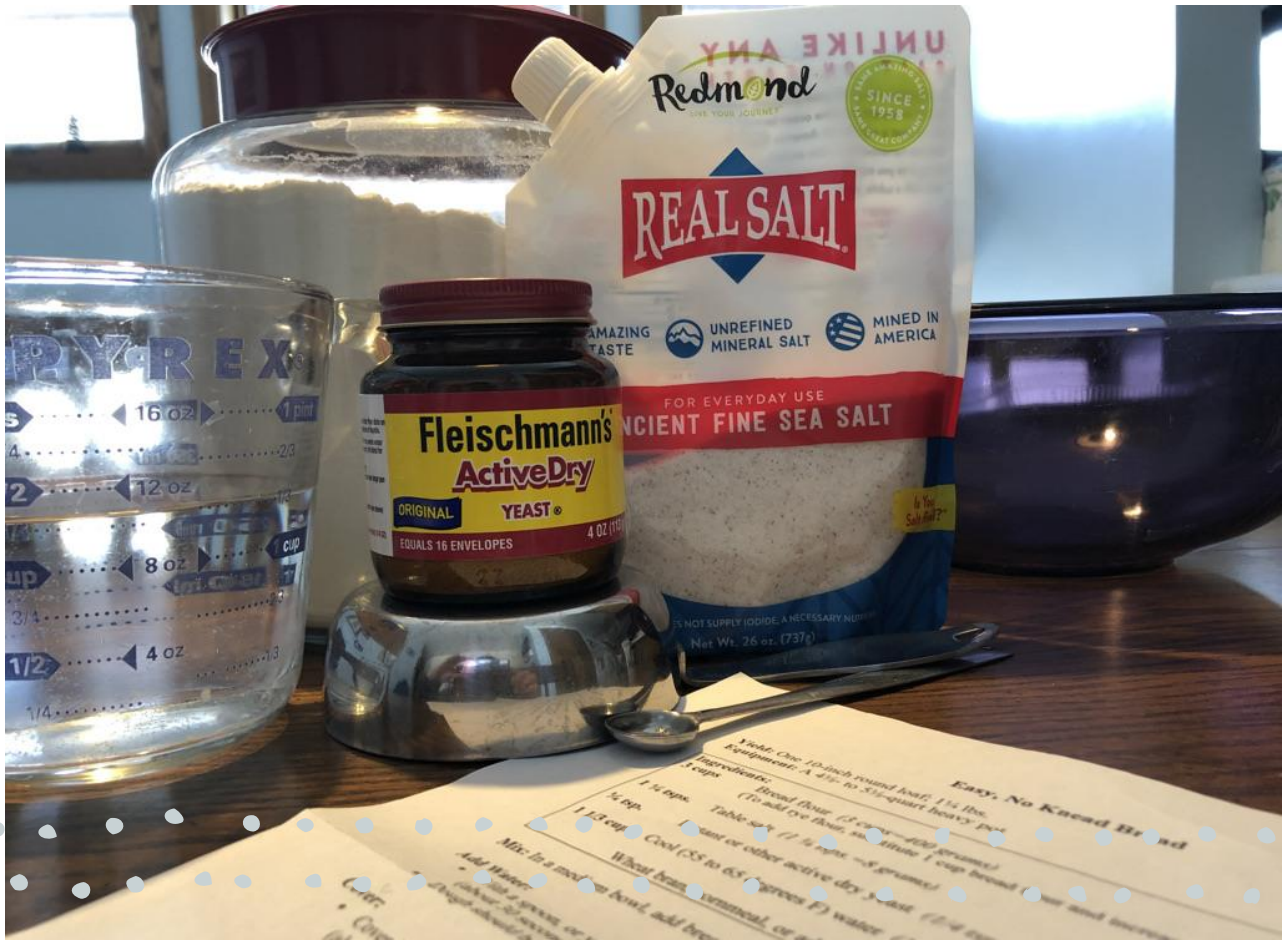
3 cups bread flour*

1 ¼ tsps. salt

¼ tsp. yeast (active dry)

1 1/3 cups cool water

**Note: Additional flour will be needed for generously dusting work surface and bottom of pot.*



WHY BREAD FLOUR?

Bread flour is higher in protein than all-purpose flour.

Gluten, a type of protein which is naturally found in some grains (such as wheat), acts like a binder, adding that stretchy quality, which helps the bread dough from ripping easily.

HELPFUL HINT: MEASURING DRY INGREDIENTS

Because baking is a science, accurate measuring is important. Be sure to level-off the flour, salt, and active dry yeast. To get even more consistent results, measure ingredients with a scale.

1 cup bread flour= 127 grams x 3= 381 grams
Fine sea salt 1 $\frac{1}{4}$ tsps.= 7 grams
Active dry yeast $\frac{1}{4}$ tsp.= 0.9 grams

No-Knead Bread: Fermentation

The gluten strands are developed when the dough is mixed and, as the dough ferments during the first rise (12-24 hours), the yeast has leavened and kneaded the dough for you.

- During the fermentation process, yeasts break down starch in the flour into simple sugars. Enzymes then act upon the sugars, creating the production of alcohol and carbon dioxide. The resulting gas is caught within the elastic, gluten strands causing the bread dough to rise.
- The following link provides more in-depth information:

https://www.seriouseats.com/2011/06/the-food-lab-the-science-of-no-knead-dough.html

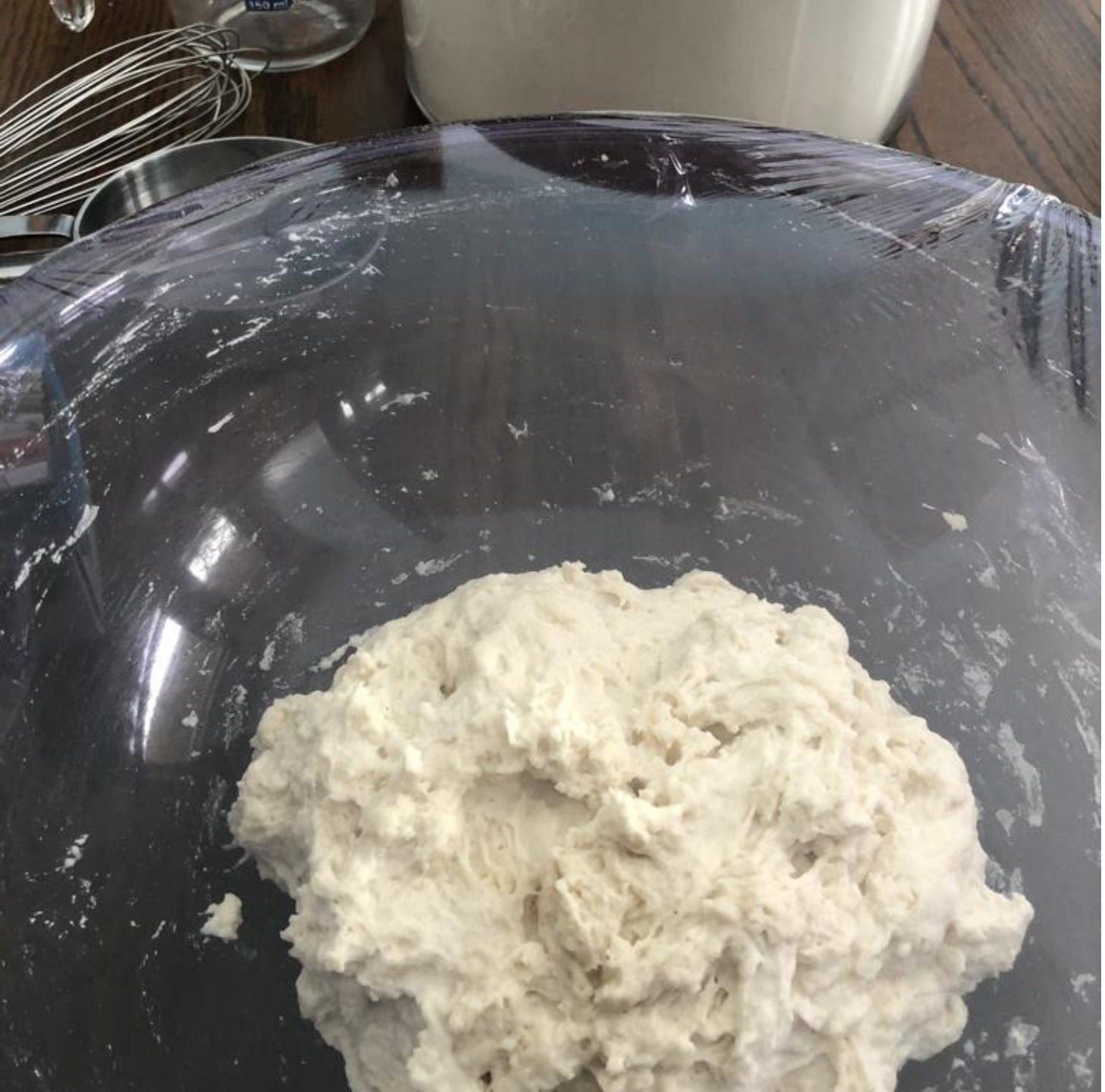
Mix Dry Ingredients:

In a medium bowl, add bread flour, table salt, and yeast; stir together using a whisk or spoon.

Add 1 1/3 Cups Cool Water:

With a spoon,
or your hand,
mix until you have a
wet, sticky dough
(about 30 seconds).

Dough should be
really sticky.
If not, add another
tablespoon
or two of water.



Cover:

Cover bowl with a plate,
tea towel, or plastic wrap
and let sit at
room temperature
(about 72 degrees)
out of direct sunlight,
until the surface is dotted
with bubbles
and doubled in size.

First Rise: 12-18 Hours

- In very cold weather, the dough may rise more slowly and require up to 24 hours.
- The key to flavor is the slow rise, with 18 hours being optimal.
- Bread dough is ready when the surface has a bubbly and slightly darkened appearance.

Second Rise: 1-2 Hours

- After first rise is complete, generously dust a work surface with flour. With lightly floured hands (or a bowl scraper or rubber spatula), gently remove the dough onto the surface in one piece. *Note that the dough will be very sticky (do not add more flour).*
- With lightly floured hands, lift the edges of the dough towards the center; then nudge and tuck in the edges to make it round.

Second Rise- Continued...

- Place a tea towel (which will not leave lint) or a sheet of parchment paper on the work surface, and generously dust with wheat bran, cornmeal, or flour.
- Gently lift the dough and place (seam-side down) on the towel or parchment paper. (If dough is tacky, lightly dust with flour.)
- Fold towel loosely to cover dough and place it in a warm (draft-free) spot to rise for 1-2 hours.

Dough is ready when almost doubled in size.

- Readiness Test: Gently poke a $\frac{1}{4}$" indentation with your finger. If it doesn't hold the impression, let it rise another fifteen minutes.

Pre-Heat Oven to 500 Degrees:

- Thirty minutes before the end of the second rise, set the oven to 500 degrees and place the cast-iron lid and base in the oven to pre-heat in the center of the rack.
- When the second rise of the bread is complete, take out the base of the cast-iron pot with potholders.
- Many bakers score (cut) the dough with a blade (lame) right before it is baked to direct the rapid expansion.

Bake:

- Bake covered, in a pre-heated cast-iron pot with lid*, for 30 minutes at 500 degrees and then, uncovered, at 475 degrees for an additional 10-20 minutes or until the bread is a deep chestnut color, but not burnt.

**If baking uncovered (e.g., a pre-heated oven stone or cast-iron skillet), add a tray of water below to add moisture and bake at 475 degrees.*

Place Bread Dough in Pre-Heated Pot:

- Lift-up the bread dough either with your hand or under the tea towel and quickly (but gently) invert it into the pot, seam-side up. *(If using parchment paper, trim edges to a couple of inches around dough and gently lift and place into the hot, cast-iron base.)*
- Place base containing the bread dough into the oven and cover with lid.

Let Cool:

- Take bread out of the pot. (Using potholders, invert to remove or use a heat-proof spatula.)
- Place bread on rack to cool. (The rack allows air to reach all sides when cooling.)
- *Note: Wait one hour until bread has cooled before slicing or tearing into it.* This is important, as the bread's exterior is very dry as it comes out of the oven, but the interior is still wet. As it cools, the moisture content will even out somewhat, leaving a brittle crust and a soft crumb inside.

Slice and Add Your Favorite Homemade Jam or Jelly.

YUM!

Storage:

- Store wrapped in wax, butcher paper, paper bag, or reusable beeswax food bag at room temperature.
- Use within 2-3 days. *(Tip: Day-old bread is great toasted!)*

Recipe adapted from:

- *My Bread: The Revolutionary No-Work, No-Knead Method (Lahey, Jim, 2009), ISBN: 978-0-393-06630-2 (hardcover), The Lahey Method for No-Knead Bread in a Pot, pg. 51.*

Enjoy!

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