

No-Knead Bread

Delicious bread in 4 easy steps: mix, wait, shape, and bake.

Makes one round loaf.

Ingredients:

425 grams (3 cups) flour
1/4 tsp yeast
1 1/4 tsp salt
315 ml (1 1/3 cups) water

Tools:

A large bowl
A dutch oven

About 24 hours before you want to eat your bread, combine ingredients and let sit covered for 18 hours.

On a floured surface, flatten the dough then fold in thirds (like an envelope), then again in the other direction. Place dough seam down and cover with a large bowl.

Let rise 1-3 hours, until double in size or the dough is soft to the touch and doesn't spring back.

Preheat the oven to 500°+ (as hot as your oven goes). Plop the dough seam up into the dutch oven. Bake with the lid on for 20 minutes, then with the lid off for about 10 more minutes, until the crust is caramel brown.

Adapted by Hans Fugal from the recipe demonstrated by Jim Lahey, of Sullivan Street Bakery, in the New York Times on November 8, 2006. I highly recommend watching the video, at <http://tinyurl.com/35ua53>

Variations

Baking Stone

If you don't have a dutch oven handy, you can bake on a baking/pizza stone or unglazed tiles or foil-covered bricks or even a cookie sheet. If you can manage to cover it with a preheated oven-safe bowl or dish (e.g. Stoneware roast pan) for the first 20 minutes the crust will turn out better, due to the steam.

Sandwich

If you're feeling unadventurous and would like a more "traditional" sandwich loaf, you can also bake at 350°-400° in a loaf pan for about 40-45 minutes.

Sourdough

Instead of 1/4 tsp yeast, use 3 tablespoons of sourdough start. The second rise will probably take a little bit longer (3-4 hours).

Pizza Dough

Do the same as above, but instead of baking in a dutch oven, divide in two and stretch or roll into pizza shells. Add marinara sauce, toppings, and cheese, and bake on pizza stone at 500°+ until crust and cheese reach a golden brown (about 5-10 minutes). Sourdough pizza is delicious.

Sourdough Start

I will happily share my start with you, just drop me a line at hans@fugal.net and ask me to send you some.

Or, you can make your own sourdough start. Put 2 tablespoons whole wheat flour and 1 tablespoon water in a small container and let sit for 24-48 hours, until it gets bubbly. It may stink or get ugly, don't worry. Once bubbly, throw half away and replenish with 2 parts all-purpose flour and 1 part water. This is called feeding. Feed every 8 hours until it gets quite bubbly and has a sour and not unpleasant odor.

Start can go into the fridge for several weeks between uses. Replenish 8-12 hours before using. If the recipe calls for a lot of start, you might need to plan ahead for several refresh cycles in order to build up enough start. Feed at least double (throw away half first if you want to keep the same amount), or up to 8x.