



# NO-KNEAD BREAD RECIPE

Recipe makes four - 1 pound loaves. Recipe can be halved.



- 4 cups Whole Grain Flour
- 3 1/2 cups All-purpose, unbleached flour
- 1 TBSP Kosher salt
- 1 1/2 TBSP Activedry yeast
- 1/4 cup Vital wheat gluten
- 4 cups warm water
- 1-2 TBSP seeds or herbs to sprinkle on crust

- Measure dry ingredients using dry-ingredient measuring cups and leveling the top of the cup. Whisk together flours, yeast, salt, and vital wheat gluten in a 5-quart bowl or a lidded plastic food container or food grade bucket.
- Mix with warm water (about 100°F). Add water all at once to the dry ingredients and mix without kneading, using a spoon. Wet hands will assist the final mixing of the flour into dough, the dough needs to be uniformly moist and no dry patches.



- Cover (not airtight) and allow dough to rise fully for about 2 hours at room temp.
- Refrigerate dough after rising. Dough is easier to shape when chilled but bread can be baked from chilled or unchilled dough.

- Cut off about 1 pound of dough to shape (about the size of a grapefruit). Flour your hands and the top of the dough. Gently shape into a smooth ball, do not work excess flour into the dough and do not work the dough.
- As you shape the dough handle dough carefully, do not punch down or knock gasses out of the dough.



The entire process should take not more than 20 to 40 seconds. If you work the dough longer than this, it might make your loaf dense.

Continued



- After shaping place the shaped dough on parchment paper or a surface sprinkled with cornmeal or flour to prevent sticking.
- Allow the loaf to rest, loosely covered with plastic wrap, on the prepared surface for 90 minutes (40 minutes if you're using fresh, unrefrigerated dough). Depending on the age of the dough, you might not see much rise during this period; instead, it will spread sideways. More rising will occur during baking (oven spring).



- Thirty minutes before baking, preheat the oven to 450°F, place an empty metal broiler tray or pan for holding water on any other rack in the oven.
- Paint and slash: Just before baking, use a pastry brush to paint the top with water. Sprinkle with seeds if desired. Using a sharp serrated knife slash the loaf with ¼ inch deep parallel cuts across the top.



- Baking with steam: After a 30 minute preheat, place your loaf onto a preheated baking stone or place the loaf and baking sheet in the oven. Quickly but carefully pour about 1 cup of hot water from the tap into the broiler tray or pan and close the oven to trap the steam. Bake for about 30 minutes, crust should be richly brown and firm to the touch. Allow the bread to cool completely on a wire cooling rack, for best flavor, texture, and slicing.



- Store the remaining dough in the refrigerator in your lidded container (not airtight) and use it over the next 14 days. Label the container with the date mixed. Within 24 hours the dough begins to ferment and take on sourdough characteristics.



#### Tips:

Breads made using the "5 minutes a day" technique do not reach their peak texture until two hours after they come out of the oven and have cooled. If you try to cut while still warm the bread will be gummy in the middle and will dry out quickly. When cooled, the loaf doesn't compress so easily and is easier to slice. I know it's hard to resist when it comes out of the oven and the aroma is wafting through the kitchen - but try to resist cutting until cool. You can always warm the sliced bread before serving.

#### Variation: Herb bread

Herb-scented breads are great favorites for appetizers and snacks. Follow the directions for mixing the Master Recipe dough and add 1 teaspoon dried thyme leaves (2 teaspoons fresh) and ½ teaspoon dried rosemary leaves (1 teaspoon fresh) to the water mixture. This also works with sliced olives, chopped garlic, onions, seeds, nuts, or any other favorite ingredients.