

No-Knead Bread

from Bill Lindsey of Grains of Wisdom Bakery in Ames, Iowa
via Helen Gunderson
February 23, 2008

Supplies needed:

cast iron Dutch oven with lid, large bowl, scale, and large wooden spoon.

Ingredients:

| | |
|---------|---|
| 16 oz | Unbleached all purpose flour (approx. 3 cups) |
| 16 oz | White whole wheat flour (approx. 3 cups) |
| 2 ½ oz | 7 grain flour or cereal (approx. ½ cups) |
| 2 ½ tsp | Salt |
| ½ tsp | Instant yeast |
| 3 cups | Water |

Instructions:

1. Mix dry ingredients together in a large bowl. Add the water and mix until all ingredients are combined. Place lid on bowl or cover with plastic rap.
2. Place bowl on counter for at least 12 hours, but no more than 24 hours.
3. 40 minutes before baking arrange shelves to be in the two lowest positions. Place the Dutch oven on the top shelf and begin preheating the oven to 500 degrees (it's important to let the Dutch oven and oven heat for 40 minutes to truly get up to the correct temperature.)
4. Heavily dust a cloth (towel) with bran and set aside. Lightly flour counter and scrape dough out of bowl on to it. Flour hands and pull the sides of the dough over the center of the dough and the do the same with the top and the bottom. Place dough seam side down on cloth and dust the dough with more bran. Cover dough with remainder of the cloth.
5. Open the oven and pull out the rack with the Dutch oven on it and remove the lid of the Dutch oven. Lightly spray bottom of pan with spray oil. Place dough into Dutch oven seam side up and cover with lid.
6. Cook for 40 minutes then remove lid and cook for another 20 minutes.
7. Remove bread from pan and place on cooling rack. Let bread cool for at least 30 minutes (this allows the crust to build.)

Note: this bread will only keep for a few days because of how moist it is.