

## SOURDOUGH BAKING: *Made Easy*

### Artisan Dutch Oven No-Knead Bread

#### Key Points

- Easy to make no hassle bread.
- No special mixer or dough kneader necessary.
- Delicious Artisan-style bread with crackling chewy crust.
- Lower in gluten due to the long rising/proofing time.

#### RECIPE:

### Easy White No-Knead Bread

*White bread can be healthy and nutritious thanks to sourdough! Happily this no knead bread, like all others, is a cinch to make. Use this crusty and soft bread as sandwich bread, toast it and enjoy with your favorite spread, or serve with just about any meal.*



#### Ingredients:

- 1 cup sourdough starter, recently fed and active
- 1 cup filtered water (room temp. or cool, not boiling)
- 2 teaspoons unrefined sea salt
- 2<sup>3</sup>/<sub>4</sub> to 3<sup>1</sup>/<sub>4</sub> cups unbleached all-purpose flour
- Cornmeal or White Rice Flour, for dusting

#### Instructions:

*For many more No-Knead Bread varieties, see the No-Knead Bread chapter in the Sourdough Baking Made Easy Cookbook, page 41.*

1. Add sourdough starter to a large mixing bowl along with the water and salt. Mix together with a dough whisk or wooden spoon to combine.
2. Mix in flour ½-cup at a time up to 2½-cups. Check the dough consistency and add more flour, a little at a time, as needed, until a shaggy ball of dough is produced. The dough should form a soft ball and feel somewhat sticky or tacky.

**Proper No-Knead Dough Consistency:** The wetter your dough, the bigger the holes will be in your bread. Though a drier dough will make rising while baking easier, giving you greater “oven spring” and a well-rounded loaf versus a pancake. With some practice, you will be able to adjust the consistency of the dough to produce a loaf suited to your tastes.

3. Cover the mixing bowl with plastic wrap, a plastic bag, or a lid. Set aside in a slightly warm place for 12 hours.
4. After 12 hours, flour your hands and a clean work surface. Scrape the dough from the bowl onto the floured surface.
5. Shape the dough into a round flat disc. Gently fold and stretch the sides of dough in towards the middle, then fold opposite sides of dough in towards the middle as well. Flip dough over and gently shape into a ball.
6. Prepare an 8-inch round proofing basket by spraying inside with oil and dusting generously with cornmeal. Place ball of dough into the prepared basket seam side down. Cover basket with a kitchen towel and set in a warm place to rise until doubled in size, about 2 hours. *(No proofing basket? -see note below-)*
7. When dough is almost doubled in size, about 1½-hours later, place a 4 to 5-quart cast iron-dutch oven with lid into oven (make sure any knobs are oven-safe to at least 450°F).
8. Preheat the oven to 450°F for 30 minutes. When dough has risen and oven is heated, carefully (using oven-mitts) remove the hot dutch-oven from oven. Lift the lid from the dutch oven and set aside.
9. Remove pot holders from your hands and quickly invert the proofing basket, dropping the dough into the dutch oven.
10. Now, putting the oven mitts back on your hands, place the hot lid back on top of the dutch oven. Close oven door and let bake for 25 minutes.
11. After 25 minutes of baking, remove the lid from the dutch oven and continue baking for 5 to 10 minutes more until nicely browned.
12. Remove bread to a wire rack and allow to cool for at least 1 hour before slicing.

Makes 1-Large Loaf.

### If You Do Not Have A Proofing Basket:

1. Dust center of a kitchen towel generously with cornmeal in a circular shape.
2. Place ball of dough in the center of the cornmeal-dusted towel.
3. Fold up the sides of the towel and lift into a mixing bowl that is sized about 8 to 9-inches in diameter.
4. Fold the kitchen towel over the dough gently in the bowl, to cover completely.
5. Set in a warm place to rise, as described in -step 6-, continue as directed.

