

## NO-KNEAD BREAD

Follow the recipe closely the first time, then you can vary the types of flour – see #4 in the tips section below. If you don't have a scale, measure the flour by lightly spooning into a measuring cup then level with a knife. The key to the recipe is baking the bread in a glazed ceramic pan or covered casserole that can withstand 500°F, or use an iron skillet. I have a ceramic loaf pan from [www.potsandpans.com](http://www.potsandpans.com) and a covered casserole called a Cocote purchased from Spanish Table [www.spanishtable.com](http://www.spanishtable.com).



### No-Knead Country Wheat Bread

420 g	3 cups	White bread flour (such as King Arthur brand or bulk)
90 g	3/4 cup	Whole wheat flour
30 g	1/4 cup	Oat bran, optional
9 g	1-1/2 tsp	Table salt
	1/4 tsp	Rapid rise yeast (I use a generous 1/4 tsp.)
70 g	3/4 cup	Chopped walnuts, optional
14 fl oz	1-3/4 cup	Water (cold tap water)

### No-Knead Multi Grain Bread

85 g	1 cup	Multi-grain hot cereal (blend of oats, rye, barley like Country Choice from Trader Joe's)
	1 cup	Boiling water (soak grain in water about 20 minutes)
450 g	3-1/4 cups	White bread flour (such as King Arthur brand or bulk)
120 g	1 cup	Whole wheat flour
40 g	1/3 c + 1 T	Rye flour
9 g	1-1/2 tsp	Table salt
	1/4 tsp	Rapid rise yeast (I use a generous 1/4 tsp.)
14 fl oz	1-3/4 cups	Water (cold tap water)

### No-Knead Lemon Rosemary Bread

450 g	3-1/4 cups	White bread flour (such as King Arthur brand or bulk)
	1 Tbsp	Finely grated lemon zest (preferably Meyer lemon)
	2 tsp	Chopped fresh rosemary
9 g	1-1/2 tsp	Table salt
	1/4 tsp	Rapid rise yeast (I use a generous 1/4 tsp.)
12 fl oz	1-1/2 cups	Water (cold tap water)

**BASIC DIRECTIONS for NO-KNEAD BREAD.** See extra tips on page 4.

**Prep time:** 5 minutes      **Rise time:** 18-24 hours plus 30 minutes just before baking

**Bake time:** 45 minutes      **Makes 1 loaf**

If you have a gram weight kitchen scale, try using it because it's fast and accurate.

1. Mix dry ingredients in a large bowl, including walnuts and/or soaked grains if making multi-grain recipe.
2. Stir in water with a wooden spoon, flexible spatula or plastic scraper just until dough is evenly moistened and pulls away from sides of the bowl. It's not necessary to stir vigorously, just enough so the flour is mixed in.



3. Cover bowl with plastic wrap (a plastic shower cap works great!) and let stand 30 minutes. Turn dough with the scraper or spoon, giving it about 4 folds. (If you skip this step it won't harm the bread.)
4. Cover bowl with plastic wrap and let stand at room temperature 18-24 hours.



After 18-24 hours, the dough should have risen and be bubbly. The bubbles will be very large if made with all white flour.



5. Gently turn dough with scraper or spatula and fold over in 90 degree turns several times. Dust top of dough lightly with flour. Cover the bowl and let rest 15 minutes.



6. Dust a kitchen towel with oats, cornmeal, wheat bran or a little flour. Scrape the dough out of the bowl onto the towel and shape roughly into a ball. Wrap in the towel and leave at room temperature for 30-45 minutes.



7. Place ungreased pan, with lid if it has one, in the oven. Then turn oven on and preheat to 500°F. Allow at least 30 minutes for pan and oven to super-heat. It is necessary to preheat the pan so the bread will instantly create steam to form the crust, and the bread won't stick to the pan.
8. Unwrap dough; shake excess grain off the towel. Place the dough in the towel within reach of the oven. Open oven and pull rack forward. Lift lid (if using) and quickly slide dough into pan. Cover with lid or loosely cover with foil. (This step can also be done by removing pan from the oven if you re more comfortable away from the heat.)



9. Reduce oven to 450°F. Bake covered 25 minutes. If you prefer a drier interior crumb, reduce temperature to 425°F instead of 450°F, and bake an additional 10 minutes. This may be something you experiment with to find your preference.
10. Remove lid or foil and continue to bake until very dark brown, another 20-25 minutes. (25-30 minutes if baking at 425°F). Immediately remove bread from pan and cool on a wire rack.



Here's a run-down of the tips that turned my first failures to success:

1. **Use Rapid-Rise yeast.** Active yeast can work but may need a little more care in the overnight rising; the kitchen can't be too cold and it needs extra time. You can also wrap the bowl in a towel or blanket if the kitchen or stone counter are cold.
2. **Weigh or measure flour carefully.** If measuring by cupfuls, do not scoop flour with the cup. Rather, spoon flour into a level measuring cup, then level top with a knife.
3. **Measure water** accurately by looking at the cup line at eye level. If you want to check the amount on a scale, 1-3/4 cups weighs 400 grams.
4. **Whole grain flour** such as wheat and rye make a denser loaf than white flour and need a little higher ratio of water to flour. You may need a few tablespoons to 1/4 cup more water to thoroughly moisten the dough. You will get used to how the dough looks for the right consistency with various flours.
5. **Table salt** measures differently than Kosher or coarse salt because the grains are smaller. If using coarse salt, 9 grams will measure about 2 teaspoons.
6. **Don't be concerned if the dough is a little wet and sticky**, you won't be handling the dough very much anyway! A wetter dough will produce a moister interior crumb.
7. **Bake until well-browned** for the crispiest crust.
8. **To store, wrap in a cloth towel** and plastic bag for 3-4 days and keep in a cool place. Re-crisp loaf in the oven or toast slices if desired.

Recipes adapted from:

Jim Lahey of Sullivan Street Bakery, NYC, and Penni Wisner [www.penniwisner.com](http://www.penniwisner.com).