

No Knead Bread Recipe
Updated May 16, 2010

You will need a large bowl, A Le Crueset or similar cast iron dutch oven with a lid, at least 4.5 quart size. Sam's Club has one for \$38.00 and Target for a little more.

In the bowl put 2 cups of all purpose flour, 1 3/4 cup whole wheat flour and just shy of 1/8 cup each of Vital Wheat Gluten and Wheat Germ. A little less Vital Wheat Gluten.

1 tsp sugar

2 tsp salt

3/4 tsp bread machine yeast (I use instant, fast rise, in a jar yeast)

Mix well by hand with a fork for a minute.

add 2 cups of cold water and mix with a fork. It will be gooey and lumpy.

Cover the bowl and messy dough with food film and put in a warm place (85 degrees) for 16 or more hours. Over night works for me. You have not spent much more than 10 minutes so far.

After the lengthy initial rise the dough should be goopy and have bubbles. Scrape it onto a 8.5x14 inch piece of parchment paper with flour sprinkled on it. Work the blob with your fingers for 30 seconds or so to get things moving and then fold over to form a nice little round loaf. Sprinkle top with flour and cover with a towel, let sit for 2.5 hours (second rise).

At the 2 hour mark turn your oven on to 450 degrees and put the pot with the lid in for 30 minutes. Once you are at the 2.5 hour second rise completion, and the oven has been on for 1/2 hour; carefully open oven, slide out pot and remove lid. Remove the towel from dough and lift the dough into the pot with the parchment paper. Spray the top of dough with Pam then put the lid back on and bake for 55 minutes at 450 degrees. At the 55 minute mark, remove the lid and continue for 10-13 minutes at 420 degrees. When done carefully remove the bread from the pot, the parchment paper will keep the bread from sticking. Let cool on a rack for an hour.