

No Knead Dutch Oven Bread

Instant Yeast Artisan Round

Recipe from www.JoCooks.com

Ingredients:

- 3 C all-purpose flour (500gms)
- 1 $\frac{3}{4}$ tsp sea salt (10gms)
- $\frac{1}{2}$ tsp dry active yeast (2 gms)
- 1 $\frac{1}{2}$ C water, room temperature (320gms)

Directions:

- In a large bowl add the water and sprinkle instant yeast on top. Swish the yeast around until it is dissolved in the water. Then add flour and salt. Mix until completely combined with no dry spots!
- Cover the bowl and let it sit at room temperature for 12-18 hours.
- Preheat oven (with your Dutch oven inside) to 450F. Let your Dutch oven heat up for at least 20-30 minutes so it's good and hot.
- Use your dough scraper or your hands (that are well floured or wet) and remove the dough from the bowl. Roughly shape the dough into the shape of a ball. Place dough ball onto a piece of parchment paper and place down into your Dutch oven. Put Dutch oven lid back on top and close your oven.
- Bake for 30 minutes with the lid on (which opens up your loaf).
- After 30 minutes, remove the lid and bake for an additional 15 minutes (which will give you a nice golden crust).
- Remove bread from the pot and let it cool on a cooling rack for at least 30 minutes before slicing into it and serving. If you slice into your bread too early the bread will still be gummy in the middle. Don't let your hard work go to waste!

Recipe Notes:

- Keep it fresh: Be sure to always check the expiration date on your yeast. The fresher the yeast, the better your bread!
- Storage: After a yeast package has been opened, store the unused yeast, closed up in its package, in the fridge

Kindergarten Honey Wheat Bread

Recipe adapted from Bonnie Ohara's book
Bread Baking For Beginners

Ingredients:

8gms instant yeast
300gms water, room temp
500gms all-purpose flour
10gms sea salt
60gms honey
25gms oil

Directions:

- Weigh all of your ingredients before you start working.
- In a large bowl, add the water and sprinkle the yeast on top. With your fingers, swish the yeast and the water around until the yeast is fully dissolved and starts to make bubbles.
- Next, add your flour, salt, honey and oil. Add ingredients in this order because the yeast doesn't like to come in direct contact with the salt.
- Mixing: Mix all the ingredients together by hand, with your dough scraper or your stand mixer (with dough hook attached). Mix until there are no dry spots.
- Cover your dough and let it rest for 20-30 minutes to let the water completely absorb.
- Knead: Flour your workspace and scrape the dough onto it. Then begin kneading your dough. Push the dough with the heel of our hand and stretch the dough out without tearing the surface. Fold dough over itself, make a quarter turn and do it again. Continue to knead your dough for 5-10 minutes until the dough is much smoother and begins to tighten up.
- Rise: Place dough ball into a bowl, cover and let it stand at room temp for an hour and a half.
- Shape: Using your dough scraper, scrape dough out of the bowl onto a floured cutting board or counter. Stretch the dough out without tearing. Do a letter-style fold, a quarter turn and then a jellyroll. Flip the dough back over. Starting at the far side of your cutting board, use your dough scraper to pull the dough towards you. This creates a nice surface tension and begins to shape your dough. Continue kneading until your dough has nice surface tension and has the desired shape you'd like.
- Proof: Place dough inside a greased loaf pan, cover and let it rise for a final hour. When you press dough with your thumb it should leave an imprint instead of just bouncing right back.
- Preheat your oven to 375F.
- Brush top of dough with an egg wash or spray the top with water.
- Bake for 40-45 minutes until the top is golden brown.
- Let your loaf cool on a wire rack for at least 30 minutes before slicing into it and serving. If you slice into it too early the middle will still be gummy. Resist the temptation to slice into it too early! Don't let all your hard work go to waste!

Sourdough 101

Recipe adapted from Jenny Prior from
@The Living Bread Baker

Vocabulary:

- **Starter:** a natural leaven that combines flour, water, wild yeast and lactic acid bacteria.
- **Feeding:** your sourdough starter needs to be fed fresh water and flour to continue to live and thrive.
- **Fermenting:** the process in which the dough is mixed and left to rest where the yeast converts sugar to carbon dioxide and alcohol in the absence of oxygen, causing dough to rise.
- **Proofing:** the final rise of shaped bread before baking.
- **Lame:** a double-sided blade that is used to slash the tops of bread loaves just before going in the oven to allow for the release of steam during baking.
- **Score:** slashing the dough with a blade, sharp knife or pair of scissors to allow the dough to expand during baking.
- **Hydration:** the ratio of flour to water (i.e.: 10gms of flour and 10 gms and water = 100% hydration).
- **Dough Scraper:** a rectangular kitchen tool made of flexible plastic. Used to mix dough, scrape dough out of bowl or shape dough.

Starter 101

- Combination of flour, water, wild yeast and lactic acid bacteria. Flour naturally contains yeast and bacterial spores (or microbes) naturally existing on the surface of the wheat.
- Natural leaven
- Must be kept at 100% hydration
- Meet your new pet! It's alive! These cultures and yeast must be fed regularly.
- Feed as little as once a week (in fridge) or as much as twice daily (on counter).
- Store in a jar with a lid either on the counter or in the fridge. Make sure lid is on, but not too tight. Starter will release CO2 as it grows and you don't want your lid too tight.

Feeding/Refreshing Your Starter:

- At the time of feeding, discard all but approximately 1 TB of starter (15-20gms). You can use your "discard" to make your activate dstarter (to make bread!), in other recipes, to give away to a friend or actually discard.
- Add 60gm water, 60gm flour, remaining 1 TB of starter (15-20gms). Thoroughly mix.
- Feed/refresh at least once a week, more if you're baking a lot.

Waking Up Your Starter:

- To make activated starter, you need to "wake it up" before baking.
- Make sure to refresh your starter (per instructions above) and put back your stored starter in the fridge before you begin to make your activated starter.
- The night before you want to make bread (or 8-10 hours before), combine 1 TB of your "discard" starter (15-20gm), 60gm water and 60gm flour in a jar and thoroughly mix. Add a loosely fitting lid or plastic wrap.
- Leave the activated jar on counter 8-10 hours.
- Will produce between 100-120gm of active starter. You will use this entire jar for one loaf.

Making the Dough

To Begin:

- Measure out 500gm flour (optional: 475gm flour and 25gm rye flour for extra sour taste or a combination of AP and wheat flour), 320gm water and 10gm salt. (Makes a 64% hydration loaf).
- Take a large bowl and add the entire jar of activated starter, water, flour and salt (in that order) and mix until all water is dissolved. If the salt comes in direct contact with the starter it can kill the starter. Mix until there are no dry spots
- If making a sandwich loaf, I often add 25gms of honey. It's not necessary, but I find it adds a touch of sweetness and makes for softer loaf.
- Cover and let rest at room temp for 20-30 minutes.
- Uncover and do "stretch and folds" until dough is no longer elastic. Pull one side of the dough up just before tearing the dough and fold back over on top of the rest of the dough. Do a quarter turn and do it again. Do not pull so hard that you tear the dough. Continue Stretch and folds until the dough tightens up. Cover dough back up and either place in the fridge for fermentation or on the counter.

Fermentation:

- The process in which the dough is mixed and left to rest where the yeast converts sugar to carbon dioxide and alcohol in the absence of oxygen, causing dough to rise.
- 2-4 stretch and folds toward the beginning of fermentation process.
- Ferment for 4-6 hours at room temp, if fermenting on the counter.
- Or ferment for 24-48 hours in fridge.
- Each time you do you stretch and folds, cover the dough back up and either leave it on the counter or place it back in the fridge.
- Add-ins can be added during "stretch and fold" steps. Examples: fresh or dried herbs, lemon zest, spices, roasted garlic, etc. Be careful not to tear the dough doing the stretch and folds. The pokier add-ins like chocolate chips or diced apples should be added during the final stretch and fold time.
- The slower the fermentation (in the fridge), the more sour the flavor. Sourdough doesn't have to be sour. In fact, sourdough made at room temp can be sweet.

Pre-Shape and Bench Rest:

- Take the dough out of the bowl and leave it sticky side up (the side that was touching the bottom of the bowl).
- Rest (covered) for 20 minutes (this allows the gluten to relax before final shaping).

Final Shaping and Proofing:

- Stretch the dough out and then do a “letter fold” with the dough. Make a quarter turn of the dough and then do a jelly fold. Then flip the dough back over.
- Place your dough on the far end of your cutting board. With your dough scraper, begin pulling the dough against itself on un-floured (or very lightly floured) counter/cutting board. Continue to pull the dough creating nice surface tension until you reach the desired shape.
- Proofing: Proofing is the final rise of the dough. Place shaped dough in either a lined proofing basket or loaf pan, cover and proof for time listed below.
- If you are proofing in a loaf pan for sandwich bread, be sure to grease the loaf pan before placing your dough down inside. This will prevent the loaf from sticking to the pan. You could also line the pan with parchment.
- On the counter: proof at room temp for shorter time (½ - 2 hours).
- In the fridge: proof for longer time (6-12 hours).
- The slower the proof, the more sour the flavor. The health benefits remain the same.

Baking

***Note about baking cold dough vs. room temp dough: you DO NOT have to bring cold dough to room temp for baking. Once bread is proofed in the fridge, you can score it and bake it just the same as room temp dough. The temp of the dough makes no difference!

- Preheat the oven with Dutch oven inside to 450F for at least 20-30 minutes so your Dutch oven is nice and hot!
- **Baking a Sourdough Round:** When making a sourdough round, turn over proofing basket onto a floured surface. Score the surface of dough with several deep cuts using a bread lame, sharp knife or sharp pair of scissors.
- Carefully transfer dough to Dutch oven, cover with lid. (It's up to you whether you want to bake the dough on parchment paper or straight in the Dutch oven. I've never had a loaf of sourdough stick to the bottom so I usually don't use parchment).
- Bake for 25 minutes with the lid on (which allows the bread to open up).
- Bake for additional 15 minutes with lid off (for a that golden brown crust).
- Carefully remove the loaf from the Dutch oven and immediately place on a wire rack to cool for at least 30 minutes. If you slice into the loaf too early, it will be gummy inside. Resist the temptation and don't let all your hard work go to waste!
- **When Baking a Sandwich Loaf:** If the loaf was proofed in a loaf pan, remove cover and score the surface of dough with several deep cuts using a bread lame, sharp knife or sharp pair of scissors.
- Place inside hot oven. Place a cookie sheet on rack below and fill halfway with boiling water. After 20 minutes, carefully remove pan with hot water and continue baking for an additional 15 minutes until crust is golden brown.
- Carefully remove loaf pan from the oven and immediately turn loaf onto a wire rack to cool for at least 30 minutes. If you slice into the loaf too early, it will be gummy inside. Resist the temptation and don't let all your hard work go to waste!