

# No Knead Bread

A step by step guide to making artisan bread  
With little effort.



Includes the recipe and technique to make a classic loaf,  
Olive loaf, Seeded loaf and Rye

+ Resources for ingredients and tools

Believe it or not this recipe made its debut in 2006 in Mark Bittman's NY Times column, The Minimalist. I saved the article from that printing and it kicked around my office for years. I had been making bread in which I first developed a poolish for years. This is a shaggy wet fermentation stage which gives the bread a chewy texture. I loved it, but it took a loooong time of monitoring, punching down and kneading off and on. One snowy cold Winter in 2013 I decided to take a week and really perfect this no knead version.

The time involved is about the same from start to a finished loaf, but without all the fussing and monitoring. The original recipe was developed by Jim Lahey of NYC's Sullivan Street Bakery. The science behind it is to use little yeast, make a wet dough, and give it a long slow rising time. This process allows the molecules of gluten to align themselves into long strands and put some maturity on the yeast. The moisture in the dough yields a chewy crumb and a crackly crust.

The bread is baked in a pre-heated Dutch oven which creates a steamy environment that helps create that crunchy outside. If you don't own one it might be worth investing in. Though at the end I will offer some suggestions for alternatives that work just about as well.

My week of testing and research lead me to making a few tweaks to the original recipe. Most notably the use of parchment paper to lower the delicate dough into the hot pot with no anxiety. It has become so popular that is now considered THE way to handle the uncooked dough. I also added scoring to the top of the bread to give it some bounce, which wasn't in the original recipe.

Making this bread is as easy as it gets, and the recipe is easy to remember. I have even made this bread in friends' kitchens around the world. There is no better way to be a houseguest than to make fresh bread for everyone's breakfast. The best though was a Summer morning in East Hampton when I surprised my then girlfriend with hot crusty bread with her coffee. That amazing woman is now my wife, and I know that this recipe was one of things that made her fall in love with me.

No matter who you are making this bread for I hope that you enjoy the magic and joy of it.

With great affection- Gail

## No Knead Bread

Makes one loaf

3 cups all purpose unbleached flour, or bread flour

¼ teaspoon instant yeast

1 ½ teaspoons salt

1 ½ cup cool water

In a large mixing bowl, combine the flour, yeast and salt. Give it a quick stir to incorporate.

Pour in the water, and with a spoon, stir until blended and all the flour is moistened. The dough will be rough and “shaggy”, almost like a scone dough, and fairly sticky. This step needs only to take one minute.



Cover the bowl with a plate, or plastic wrap, or my favorite, a shower cap, and let it rest on the counter for at least 12 hours. The temperature of the room is not critical here, it just needs a place to relax.

\*note: if it's going to be longer than 18 hours before you can back the bread you can place the dough in the fridge and allow it to warm up to room temperature for 2 hours before baking it.

The dough will be ready when the surface is level and bubbly.

Preheat the oven to 450 degrees, with the Dutch oven with lid inside. Heat for 30 minutes.

Meanwhile, turn the dough onto a well floured surface. The dough will be VERY sticky and stringy. With floured hands, fold the dough a few times onto itself, and then shape it into a ball. This should take all of 1 minute to do. Do not punch down the dough or over handle.

Lay out a strip of parchment paper and dust it with flour. Gently place the dough onto the paper. I do this by rolling it onto one side and sliding the paper under. Cover with the plastic wrap or a towel and allow it to rest while the oven is still heating.

After 20 minutes of rest you can score the top of the bread with  $\frac{3}{4}$ " deep slits and then let it rest for the remaining 10 minutes.





When ready, open the oven and remove the lid from the pot very carefully. Then gently lift the side of the parchment paper and gently settle it into the pot. If you don't have parchment gently roll the dough into your hand and then as carefully as possible roll it into the pot.

Replace the lid and slide the pot back into the oven and bake for 30 minutes. Then remove the lid and set it aside- taking care to remember that it is screaming hot. Bake for an additional 15 minutes until the bread is browned and beautiful.

Remove the entire pot from the oven, and using a kitchen cloth you can grab the bread and place it on a wire rack to cool.



It's tempting to want to cut into the loaf right out of the oven, but it's best to give it 10-15 minutes to cool. To pass the time try putting your ear to the bread. As it cools it makes a gorgeous crackling sound.

Variations:

This is a pretty versatile bread that you can fold just about anything into.



This loaf above is Olive and Rosemary. Here are a few other options:

Cranberry and Walnut

Multi-seed

Orange rind and Chopped Almonds

For Whole wheat I found that a mix of half and half white and wheat flour is best. Just add a  $\frac{1}{4}$  cup of water.



## Rye Bread Recipe

- 1 cup dark rye flour
- 2 cups all purpose flour, or bread flour
- $\frac{1}{4}$  teaspoon yeast
- 1  $\frac{1}{2}$  teaspoon salt
- 2 Tablespoons caraway seeds
- 1  $\frac{1}{2}$  cups cool water.

The technique is the same for the traditional bread.



# Resources

Bobs Red Mill- [www.bobsredmill.com](http://www.bobsredmill.com) A great source for many types of flours, yeast, and seeds. They sell small and large sizes.

Bakers Authority- [www.bakersauthority.com](http://www.bakersauthority.com) More of a wholesaler, but if you get into baking a lot it's easy enough to go through a 25lb bag of flour. Also yeast and parchment paper pan liners.

Red Hill General Store- [www.redhillgeneralstore.com](http://www.redhillgeneralstore.com) Also a bulk seller.

Amazon- [www.amazon.com](http://www.amazon.com) Good ol' amazon. Need I say more?

Costco- [www.costco.com](http://www.costco.com) Costco will ship to you if you are a member, which is good to know. Not a lot of variety, but they do sell yeast and parchment paper

And of course, a supermarket near you should have what you need too.

Dutch Ovens-

Dutch ovens come in many sizes and price points. I have an oval Le Cueset pot I purchased years ago for many shekles and I also have a \$50 pot I bought on Amazon. Both work equally as well. Cast Iron pots work well too. You can also try looking for one at a thrift store or a friend's garage. I have to say that I prefer the oval shape, but it's not critical. Just get one that is at least 6qts or larger.

If you are in a pinch you can use a pasta pot, as long as it doesn't have plastic handles. If that doesn't work you can bake the bread on a baking sheet. To get the crunchy outside you can mist the bottom of the oven a few times during baking to create the steam. Just promise me you will be very careful- steam can burn.

If anywhere along the line you have any questions you can send me an email and I will do my very best to help.

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[www.ahealthyhunger.com](http://www.ahealthyhunger.com)