



NoKnead Country Bread

Jacob · 28/09/2024



Prep Time

20 hrs

Difficult

Medium

Servings

20 hrs 50 mins

Description

This delicious and gorgeous country loaf is part recipe part science experiment and part fun family project when youre all stuck in the house together looking for things to do Even though it takes many hours to make the dough the texture you get is incredible Spread with butter and jam if desired

Ingredients

— - 3 ½ cups white bread flour - ½ cup sprouted spelt flour - ¼ teaspoon active dry yeast - 2 cups cold water - 1 ½ teaspoons fine kosher salt

Instructions

1. Place bread flour
2. spelt flour
3. and yeast into a large mixing bowl and stir with a wooden spoon. Pour in cold water and mix until a very wet
4. sticky dough comes together
5. about 3 minutes. Add salt and mix for another 2 to 3 minutes. Scrape down the sides of the bowl
6. cover with foil
7. and allow dough to rise at room temperature for 18 hours. Deflate bubbly dough with a spatula by scraping down the sides of the bowl and folding dough over itself
8. turning the bowl as you go around in a circular motion
9. about 12 times or so. Scrape dough out onto a heavily floured surface. Sprinkle the surface of dough generously with flour. Use floured hands to roll and fold dough on the table into a round or oval shape with a smooth surface
10. 1 to 2 minutes
11. adding more flour if dough is too sticky. The loaf shape doesn't really matter
12. but a smooth surface is the goal. Transfer to a Silpat-lined baking sheet and let rise
13. uncovered
14. until doubled in size
15. about 2 hours. The dough will spread out more than rise up; this is normal. Preheat the oven to 450 degrees F (230 degrees C). Place a rack in the center of the oven. Use a very sharp knife or razor to cut a shallow slash down the middle of dough
16. being careful not to deflate dough too much; the slash is optional. Spray the surface of loaf very lightly with water to help a crust form. Bake on the center rack in the preheated oven until nicely browned and loaf sounds hollow when tapped
17. about 30 minutes. Let cool on a wire rack before slicing. Chef's Notes: Regular all-purpose flour can be used for white bread flour; whole wheat flour can be used for sprouted spelt flour. You can use fine sea salt or another salt with no additives instead of kosher salt. If you don't have a Silpat liner
18. you can generously sprinkle the baking pan with cornmeal.