

No-Knead Bread and Artisan Bread

Both No-Knead Bread & Artisan Bread are made using the same ingredients: flour, yeast, salt and water. The techniques and baking methods are different, but both are very easy for the home baker to make. No kneading, proofing of yeast, or other actions that might deter the home baker from making bread, are necessary.



Both breads are no-knead and both breads can be described as an artisan bread. The methods were introduced to the public within months of each other and each name has come to be identified with a certain method of preparation.

Introduced first in November 2006 by *The New York Times* was No-Knead Bread, the formula and process created by Jim Lahey, owner of Sullivan St Bakery. This recipe has the longer rising time and is baked in a pot such as a cast iron Dutch oven with a lid.

You can watch Jim make his bread at: http://video.on.nytimes.com/?fr_story=35eac03d90314ffed6a0c0ae14ab87b1474fb89 or type New York Times no-knead bread into your search engine.

An additional recipe, "Bread in A Bag" is a healthy option for bakers who want to knead their bread but have a total shortened preparation time.

NO-KNEAD BREAD

INGREDIENTS

3 cups all-purpose flour
1 ½ cups water
¼ teaspoon instant rise yeast
1 ¼ teaspoon salt
olive oil (for coating)
Extra flour, wheat bran, or cornmeal (for dusting)

SUPPLIES

Measuring cups and spoons
6 to 8-quart oven-proof pot with lid
Wooden spoon or spatula (or use your hands!)
Two medium mixing bowls
2 or 3 cotton dish towels (not terrycloth)

DIRECTIONS

Wash hands thoroughly.

Mix all the dry ingredients in a medium bowl. Add water and mix by hand or with a wooden spoon or spatula until no raw flour is visible (30 seconds to 1 minute). Lightly coat the inside of a second medium bowl with olive oil and place dough in the bowl. Cover the bowl with plastic wrap and let the dough rest 12 hours at room temperature (approx. 65-72 degrees F.)

Remove the dough from the bowl and fold once or twice. Let the dough rest 15 minutes in the bowl or on the work surface. Next, shape the dough into a ball. Generously coat a cotton towel with flour, wheat bran or cornmeal. Place the dough seam side down on the towel and dust with flour. Cover the dough with another towel and let rise 1-2 hours at room temperature, until more than double in size.

Preheat oven to 450-500 degrees F. Place the pot in the oven at least 30 minutes prior to baking to preheat. Once the dough has more than doubled in volume, remove the pot from the oven and “dump” the dough in the pot, seam side up. Cover with the lid and bake 30 minutes. Remove the lid and bake 15-30 minutes, uncovered until the loaf is nicely browned.

Recipe source: Sullivan Street Bakery,
<http://www.sullivanstreetbakery.com/recipes/noknead.html> 8/27/08

ARTISAN BREAD

INGREDIENTS

**6 ½ cups all-purpose flour
(unbleached)**
**1 ½ tablespoons or 2 packets
granulated yeast**
**1 ½ tablespoons kosher or other
coarse salt**
**3 cups lukewarm water (100
degrees F, slightly above body
temperature)**

cornmeal (for dusting)

SUPPLIES

Measuring cups and spoons
**5-quart bowl or food grade bucket
or plastic container with a loose-
fitting lid**
**Wooden spoon or spatula (or use
your wet hands)**
Pizza peel
**Baking stone, pizza stone, or
bottom of cookie sheet**

DIRECTIONS

Wash hands thoroughly.

Measure yeast, salt and water into a 5-quart bowl or a food grade bucket or food container with a lid. Measure flour, level off the top of the cup, but do not pack the flour. Add all the flour at once. Mix with a wooden spoon or with very wet hands until mixture is uniform. (A high capacity, 14 cups or larger, food processor fitted with the dough attachment, or a heavy-duty stand mixer fitted with the dough hook may be used.)

Cover container loosely so gasses can escape. Let the dough rise at room temperature until it begins to collapse or flattens on the top (about 2 hours). Dough can now be shaped into a loaf or stored in the refrigerator.

To bake bread, sprinkle the surface of dough with flour, then cut off a grapefruit size piece of dough. Using flour to keep dough from sticking to hands, pull and shape dough into a ball. Place the shaped ball on pizza peel or bottom of cookie sheet that has been sprinkled liberally with cornmeal. Allow loaf to rest for 40 minutes.

Twenty minutes before baking, preheat oven to 450 degrees. Place baking stone on middle rack. Place a broiler pan in the bottom of the oven.

Dust top of dough with flour and slash with a serrated bread knife. Slide loaf off pizza peel onto the preheated baking stone. Pour 1 cup hot tap water into a broiler tray and close the oven door quickly to trap steam.

Bake for about 30 minutes or longer, until crust is brown and firm to the touch.

Store the remaining dough in a lidded container in the refrigerator for up to 14 days.

Recipe source: Hertzberg, Jeff and Francois, Zoë; *Artisan Bread in Five Minutes a Day*; St. Martin's Press, New York, 2007.

BREAD IN A BAG

INGREDIENTS:

1 to 1 ½ cups all-purpose flour

1 package rapid rise yeast

3 tablespoons sugar

3 tablespoons non-fat powdered milk

1 teaspoon salt

1 cup hot water (125-130° Fahrenheit)

3 tablespoons vegetable oil

1 ½ cup whole wheat flour

½ cup oatmeal (optional: grind in blender to make flour)

Heavy-duty freezer bags with zipper-style closure (1-gallon size)

SUPPLIES:

Greased baking sheets or greased mini-loaf pans

Thermometer

Measuring cups and spoons

DIRECTIONS:

Wash hands thoroughly.

Combine 1 cup all-purpose flour, undissolved yeast, sugar, powdered milk, and salt in freezer bag. Squeeze the upper part of the bag to force out air. Seal the bag. Shake and work the bag with your fingers to blend the ingredients.

Add hot water and oil to the dry ingredients. Reseal the bag. Mix by working the bag with your fingers. Add whole-wheat flour; reseal the bag and mix the ingredients thoroughly. Add oatmeal; reseal the bag and mix thoroughly.

Gradually add enough all-purpose flour to make a stiff dough that pulls away from the bag. For best results, be careful not to add too much flour.

On a lightly floured surface, knead the dough for 2 to 4 minutes, or until it is smooth and elastic. Let rise until double in bulk. After rising, pull off pieces of dough and roll them into bread sticks (approximately ¾" thick, 6-8" long). Place on greased baking sheet. Bread sticks can be twisted, shaped as pretzels or letters, or left straight. As another option, dough can be shaped into small loaves and placed in greased mini-loaf pans

Bake at 375° Fahrenheit for 15 minutes or until brown.

Adapted from: *Bread in a Bag*. Educational Program. University of Wyoming Cooperative Extension Service, Cent\$ible Nutrition Program, 1998. *WIN Kids Fun Days: Bread in a Bag*