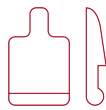




No Knead Bread



DIFFICULTY: EASY



PREPARATION TIME: 5
MINUTES



COOKING TIME: APPROX. 30
MINUTES



SERVES: 4-6

Ingredients

450 g plain flour or bread flour

¼ tsp dried yeast

1 ¼ tsp salt

Approximately 350 ml water

Extra flour or rice flour for dusting

Method

In a large bowl combine flour, yeast and salt. Add water and stir until just combined; this is best done with hands. The dough should be sticky. Cover the bowl with plastic wrap and rest dough for at least 12 hours at room temperature.

The dough is ready when the surface is covered with bubbles. Lightly knock down dough and knead lightly to make a ball. Dust a tea towel generously with flour or rice flour and place dough in the centre and gently lift into a bowl. Lightly dust the top of the dough and cover with a second tea towel. A floured banneton (cane bread basket) can be used to prove the dough. Let the dough rise for 1-2 hours, dough is ready when it has doubled in size and does not spring back when pressed.

Preheat oven on Bread baking at 240°C with a high level of added steam (VarioSteam). Carefully remove the top tea towel and quickly flip the dough onto the universal tray lined with baking paper. If using a banneton, turn banneton over and allow to release from cane surface. With a sharp knife or blade score the top of the dough. Cook for 15 minutes. Then reduce oven temperature to 220°C and turn off VarioSteam, cook for a further 15 minutes. Turn off oven and allow to cool in oven for 10 minutes. Allow bread to cool on a wire rack before slicing.



Notes
