

THE ART
IN
ARTISAN BREAD

ARTISAN (no knead) Bread

- ▣ Suggested Equipment:
 - Baking stone
 - Five-quart plastic container
 - Broiler tray/cast iron pan
 - Pizza peel
 - Silicone mats or parchment paper
 - Serrated bread knife
 - Cooling rack

- Dough scraper
- Measuring cups
- Measuring spoons
- Mixers/ food processors
- Pastry brush
- Scales
- Whisk
- Wooden or heavy mixing spoon

Ingredients by Weight

| INGREDIENT | VOLUME | WEIGHT (U.S. ounces) |
|---------------------------------|--------------|----------------------|
| Unbleached AP Flour | 1 cup | 5 |
| WW Flour (traditional or white) | 1 cup | 4½ |
| Vital wheat gluted | ¼ cup | 1 3/8 ounces |
| Yeast, granulated (such as SAF) | 1 tablespoon | 0.37 |
| Salt, kosher or coarse | 1 tablespoon | 0.55 |
| Veg. oil (canola, olive, etc.) | ½ cup | 3¾ |
| Water | 1 cup | 8 |

Master Recipe: *Boule*

Makes four (1) pound loaves. Can be doubled or halved.

- ❑ 3 cups lukewarm water
- ❑ 1½ tablespoons granulated yeast (2 packets)
- ❑ 1½ tablespoons kosher or coarse salt
- ❑ 6½ cups unsifted, unbleached, all-purpose white flour, measured with the scoop-and-sweep method
- ❑ Cornmeal for pizza peel

Mixing and Storing Dough

- ▣ Warm water slightly.
 - About 100°
- ▣ Add yeast and salt to the water
- ▣ Mix in flour – kneading is unnecessary.
 - Add all at once. Use scoop & sweep method.
 - Mix with spoon, processor, stand mixer
- ▣ Allow to rise
 - Lidded bucket, in for 2 hours or overnight in refrig

On Baking Day

- ▣ The gluten cloak: Dust dough with flour
 - Shape 1 pound loaf in 30 seconds
- ▣ Rest loaf on pizza peel/cookie sheet/p. paper
 - Coat peel with corn meal/oatmeal/Malt-O-Meal
 - Rest about 40 minutes
- ▣ 30 to 40 minutes before baking, preheat 450°
 - Baking stone on middle rack
 - Broiler pan/cast iron pan for water to steam

☐ Dust and slash

- Dust top of loaf, slash with serrated knife, French lame or razor blade about $\frac{1}{4}$ inch.
- Make tic-tac-toe, pine tree, square, etc.

☐ Baking with steam

- After preheat, quick forward jerking motion to slide loaf/loaves onto stone.
- Quickly pour 1 cup water into broiler pan.
- Bake for about 30 minutes.

- ▣ Store remaining dough in refrigerator
 - Store for several days.
 - Can be frozen in 1-pound portions, defrost overnight in refrigerator.
- ▣ Storing bread
 - If cut, store cut side down on flat surface.
- ▣ Freezing bread
 - Thaw in plastic bag
 - Place in 375° oven for 5-10 minutes.
 - May mist with water before putting in oven.

Variations: Flavors

- ▣ Herb Bread:
 - 1 teaspoon dried thyme leaves (2 tsp. fresh)
 - ½ teaspoon dried rosemary leaves (1 tsp. fresh)
 - Add to water of Boule recipe
- ▣ Other enhancements:
 - Dried fruit, nuts, cheese, chocolate chips, seeds
- ▣ Freeze heavy flours, yeasts and nuts

Light Whole Wheat Bread

- ▣ 3 cups lukewarm water
- ▣ 5 cups AP flour
- ▣ 1½ cups whole wheat flour
- ▣ 1½ tablespoon instant yeast (as in SAF instant)
- ▣ ¾ regular or 1½ kosher or coarse salt
 - ▣ VARIATION: which can be added to dry ingredients
 - ½ cup cracked wheat
 - ½ cup raisins or dried cherries (any dried fruit)

100% Whole Wheat Bread

- ▣ 7 cups whole wheat flour
- ▣ 1½ tablespoons instant yeast (as in SAF)
- ▣ 1 tablespoon kosher/coarse salt
- ▣ ¼ cup **vital wheat gluten**
- ▣ 3 ¾ cups lukewarm water
 - Vital Wheat Gluten is added to give dough a better rise. Mix well with flour. (Product is found in flour or organic food isles.)

Limpa

(Scandinavian comfort food)

- ▣ 3 cups lukewarm water
- ▣ 1 ½ tablespoons granulated yeast
- ▣ 1 ½ tablespoons coarse salt
- ▣ ½ cup honey
- ▣ ½ teaspoon ground anise seed
- ▣ 1 teaspoon ground cardamom
- ▣ 1 ½ teaspoons orange zest
- ▣ 1 cup rye flour
- ▣ 5 ½ cups unbleached all-purpose flour

Baguette (1 pound Boule dough)

- ❑ Preheat oven/stone/broiler tray to 450°
- ❑ Dust dough, cloak, stretch into long 2 inch diameter. Rest on parchment paper. Rest 20 minutes.
- ❑ Paint w/water and slash across loaf.
- ❑ Slide baguette/paper onto hot stone. Pour 1 cup water into broiler pan.
- ❑ Bake for 20-25 minutes, remove loaf from paper, finish 10 minutes on stone.
- ❑ Cool on rack.