

No-Knead Country Wheat Bread, makes a 1.5 lb loaf

INGREDIENTS

3 cups(420g) white bread flour
¾ cup(90g) whole wheat flour
¼ cup(30g) oat bran (optional)
1 ½ tsp table salt
¼ tsp Rapid rise yeast
1 cup chopped walnuts optional and/or ¾ cup raisins
1 ¾ cups water

DIRECTIONS

1. Mix dry ingredients in a large bowl. Add walnuts and/or soaked grains if making multi-grain recipe. (See link for multigrain recipe and step-by-step photos.)
2. Stir in water with a wooden spoon. Switch to a plastic scraper if you have one, and continue mixing and turning just until dough is evenly moistened and pulls away from sides of the bowl. It is not necessary to stir vigorously, just enough so the flour is mixed in.
3. Cover the bowl with plastic wrap (a plastic shower cap works great!) and let stand 30 minutes. Turn dough with the scraper or spoon, giving it about 4 folds.
4. Cover bowl with plastic wrap and let stand at room temperature 18-24 hours. The dough will rise and be very bubbly.
5. Gently stir dough down with scraper or spatula and fold over in 90 degree turns several times. Cover the bowl and let rest 15 minutes.
6. Leave bread in bowl, sprinkle top with oats, cornmeal, bran or flour, then scrape around edge of bowl to slightly deflate dough. Let stand covered while oven heats, then turn directly into hot pan.

While dough is resting, place ungreased 3-1/2 to 4-1/2 quart-sized ceramic Dutch oven with lid or cast iron skillet in the oven. Turn oven on and preheat to 500°F. Allow at least 30 minutes for pan and oven to super heat. It is necessary to preheat the pan so the bread will instantly create steam so the bread does not stick to the pan.

7. Open oven and pull rack forward. Lift lid and quickly slide dough into pan. Cover with lid or loosely cover container with foil.
8. Reduce oven to 450°F. Cover pan with lid or foil. Bake covered 25 minutes. Dough will rise and start to brown. It is half-baked at this point.
9. Remove lid or foil and continue to bake until very dark brown, another 20-25 minutes. Immediately remove bread from pan and cool on a wire rack.

Recipe adapted by Rosemary Mark at <http://getcookingsimply.com/category>