

No Knead Bread notes

460g King Arthur unbleached all purpose flour
40g King Arthur whole wheat flour (did not have any this time – must store in the freezer)
Flour total: 500 grams

370g Room temperature water (70°)
Fleischmann's Rapid Rise yeast: 1/4 teaspoon (Expiration date 03/2018)
Fine salt: 1.5 heaping teaspoons

First, lightly oil a large glass bowl (I usually forget this first step). I mixed the dry ingredients, then added the water and mixed them by hand in a large bowl. Cover the bowl with plastic wrap and place the dough in the oven with the light on, which kept it about 70°.

I let it ferment for 13 hours (9:30 PM to 10:30 AM). The dough doubled in size, and the surface was covered with small bubbles. Get a piece of parchment paper and a linen towel ready. Place the parchment paper on the linen towel, and lightly oil the parchment paper.

I shaped the dough as the NY Times video suggested. Add flour to a small area of countertop. Then dump the dough out of the bowl. Apply some flour to your hands, then fold the dough over itself from both ends, then both sides. I used Rita's trick of an oval basket to hold the bread, with a linen towel inside it. I placed the dough on the parchment paper, seam side down.

Liberally sprinkle the top of the dough with corn meal. Fold the linen towel over the top of the dough, and lift the towel to place the dough in the basket. The parchment paper and corn meal eliminated the problem of the dough sticking to the towel.

After shaping the dough, place it in the oven with the light on, which should keep temperature about 70°. Set a timer for 2 hours - let the dough rise for 2 ½ hours. When the timer goes off, remove the dough from the oven. Place the Dutch oven pot (and its top) in the oven. Set the oven to 450 degrees and set the timer for 30 minutes.

When the oven is hot, dump the dough into the hot Dutch oven (including the parchment paper). Now the seam side should be "up". Put a baking sheet under the pot so the bottom won't burn. Bake the dough at 450° for 30 minutes in the Dutch oven, with the cover on. After 30 minutes, remove the cover, and bake it for 30 more minutes.

The bread tasted good, and it had a great crust.

NOTES for next time:

- Watch the video first to see how Jim Lahey handles the bread. Note that the recipe with the video is an early version, and NOT the same as shown above:
<https://cooking.nytimes.com/recipes/11376-no-knead-bread>
- If you let the dough rise for more than 2 ½ hours, it is more likely to stick to the parchment paper
- Once I let it ferment for 14 hours, which is TOO LONG for summer temperatures. The dough overproofed and stuck very tightly to the waxed paper (which I no longer use).

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