

Peasant No-Knead Bread

4 cups unbleached all-purpose or bread flour
 2 teaspoons kosher salt
 2 cups lukewarm water
 2 teaspoons honey
 2 teaspoons instant yeast
 Butter (room temperature), about 2 tablespoons

1. In a large mixing bowl, whisk together the flour, salt, and sugar, and the instant yeast. Add the water. Mix until the flour is absorbed.
2. Cover the bowl with a tea towel or plastic wrap and set aside in a warm spot to rise for at least an hour. (In the winter or if you are letting the bread rise in a cool place, it might take as long as two hours to rise.)
3. Preheat the oven to 425°F. Grease two 1-quart or 1.5-quart oven-safe bowls with about a tablespoon of butter each. Using two forks, punch down your dough, scraping it from the sides of the bowl. Make sure you loosen the dough entirely from the sides of the bowl and punch it thoroughly. Divide the dough into two equal portions and place into your prepared bowls. The dough will be wet and slippery, try to scoop it up fast and plop in the bowl in one fell swoop.
4. Let the dough rise for about 20 to 30 minutes on the countertop near the oven (or near a warm spot).
5. Bake for 15 minutes. Reduce heat to 375°F and bake 15 to 17 minutes longer. Remove from the oven and turn the loaves onto cooling racks. If the loaves look a little pale and soft when you turn them out, place them back in the oven (outside of their bowls) and let them bake for about 5 minutes longer. Remove from oven and cool for 10 minutes before cutting.

Makes: 2 loaves or 14 slices

Notes:

To create a slightly warm spot for your bread to rise, turn the oven on at any temperature (350°F or so) and let the oven preheat for one minute. The goal is to create a slightly warm environment for the bread.

Source: "Bread Toast Crumbs" by Alexandra Stafford

Extension Master Food Volunteers

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Nutrition Facts	
14 servings per container	
Serving size	1 slice
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 44mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	