

# Peasant (no-knead) Bread

*Makes a generous 1 lb loaf*

*Use home-grown, grass-fed and organic ingredients whenever possible.*

## **Ingredients**

3 cups (360 grams) flour\* - weighing your flour produces the BEST results

1 tsp sea salt (Pink Himalayan)

1/4 tsp yeast (instant SAF brand) (or 60 grams sourdough starter)

1 ½ cups water (12 oz), non-chlorinated

Optional: 1-2 TBSP extra virgin olive oil (to be drizzled over the round mound of ball in the bowl)

\*Note on flour: Use unbleached if this is your first-ever, breadmaking experience, i.e., organic or King Arthur All-Purpose recommended. After a little experience, you can venture into whole grains and ancient grains (Einkorn, Emmer, Spelt).

## **Directions:**

1. Stir together dry ingredients. Then add water and stir until flour is incorporated. Dough will begin to take a rough shape of a ball. Use a scraper to clean the sides of the bowl and “shape” the dough into a round. Drizzle with olive oil. Dough will be wet and “shaggy.” It will not be kneadable in the same way as in regular bread dough.
2. Cover bowl with silicone lid if using the Pampered Chef mixing bowl, or plastic wrap if using a different bowl (do not use the Pampered Chef Batter Bowl lid, as it will not keep the ball of dough from drying out during the long rise time). Let dough rest (rise) for a minimum of 8 hours or up to 24 hours. (If longer than 8 hours, store in fridge.) The dough should have DOUBLED in size. If desired, refrigerate dough 1 hour before shaping, and it will be easier to handle.
3. After the wait time, “dump” the dough onto a well-floured surface. The Pampered Chef Pastry Mat is excellent for this! Fold the dough in half using a Scraper, and do this, rotating for approximately 5 times, adding a little flour as needed. Shape into a “boule” (French for “ball”), or if you want more of a French Bread shape, elongate the loaf into that shape. To do this “French Loaf style”, you will need to have the Deep Covered Baker.
4. If using the Pampered Chef Pastry Mat, now fold the mat over the bread (*boule* should be to one side of the mat, not in the center). This will keep the dough warm and moist. If using stoneware, it’s time to preheat this in the oven, set to 425°. Set the timer for 30 minutes. The Pampered Chef Round Covered Baker is also a good choice for baking your bread, Deep Covered Baker, or on a baking stone. If baking in a Pyrex dish or on a metal baking sheet, results will vary. Only stones will be preheated.

5. After 30 minutes, CAREFULLY remove the Baker or stoneware from the oven and dust the bottom with coarsely ground oatmeal. Now, place the bread into the Baker (carefully) or on the baking stone, smooth side up. Cover with lid if using a Baker with lid. Set timer for 30-35 minutes. Your bread should be perfect! Remove lid and wrap bread in a tea towel, or if you prefer a crispy crust, simply allow to cool on a rack. (If checking the internal temperature of your bread with a thermometer, it should read 195° - 200°).

**If you have the Pampered Chef Rockcrock Dutch Oven or Everyday Pan**, you can also bake your bread in this, but **DO NOT preheat** the cooking vessel in the oven. You will place the *boule* into the greased Rockcrock (you may also sprinkle ground oats in the bottom, then place the *boule* in the vessel), cover and bake in a preheated oven for 30 minutes, then remove cover and bake an additional 5 minutes (to crisp up the surface of the bread). Repeat: **The Rockcrock cookware CANNOT be preheated** in the oven in the same way as the unglazed stoneware can, as it is likely to crack, due to the dry heat subjected to the dry (empty) cookware.

Cool loaf on a cooling rack. Use a serrated knife for slicing with a back-and-forth sawing motion. Cool loaf completely before storing in a plastic bag. If this is your first loaf of bread, it is unlikely there will be any leftover bread to store!

#### **VARIATIONS:**

**Italian Version:** Add to the flour 1 TBSP Italian or Pizza seasoning + freshly pressed garlic (or garlic powder or granules, to taste).

**Cranberry/Walnut Version:** Add to the flour 1/3 cup cranberries + 1/3 cup broken walnut or pecan pieces. You may also use 1-2 TBSP honey, if desired.

**Sourdough Version:** Replace the yeast in the recipe with 60 grams (1/4 cup) of active (freshly fed) starter.

**Mediterranean Olive:** Add 1 TBSP olive oil, 1 tsp thyme, 1 cup sliced olives (black, Kalamata, stuffed green), zest of 1 lemon (Be sure to refrigerate dough when using these ingredients instead of rising on the counter).

**Pizza Dough:** One recipe is enough dough for 2 – 12" pizzas

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