

DUTCH OVEN NO-KNEAD BREAD

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I love bread. All shapes, sizes and flavours! I had always wanted to learn so this last year afforded me extra time. I tried a couple of recipes from Pinterest and tweaked them slightly until I found my perfect loaf. It is great with soups, stews or used for sandwiches and toast or still warm with melted butter.

INGREDIENTS:

1 egg large
½ cup sour cream
2 cups all-purpose flour
¼ cup granulated sugar
½ teaspoon salt
¼ teaspoon baking soda
1 teaspoon baking powder
½ cup unsalted butter frozen
½ cup blueberries frozen or fresh

DIRECTIONS:

1. Put the yeast and salt in a large bowl. Pour warm water in the bowl and whisk until yeast and salt are almost or fully dissolved.
2. Add the flour all at once and stir together until a sticky dough forms. Do not worry about mixing it too much, just make sure everything is uniformly wet.
3. Cover the bowl with a towel and let it rise for 3 hours in a warm place. If your house is cold, turn on your oven to warm up then turn it off and put the bowl inside, closing the door to trap in the warmth. My oven has a proofing setting (which I only recently discovered) which has been amazing!
4. After 3 hours of rise time, you can bake or store in the fridge. It can be stored in the fridge for up to 7 days. Leave the towel on the bowl for 2 days so gases can escape - after that you can seal the bowl. You may have to bake 10 minutes longer when using cold dough. Note: if you put the dough in the fridge for up to 12 hours before baking it will yield a more flavourful bread. Personally, I can never wait that long. Teehee.
5. Preheat your oven to 450 degrees with your dutch oven inside with the lid on in the center of the rack. Once the oven reaches 450 degrees, leave it for another 20 minutes so the dutch oven gets good and hot. If you are not using your oven to proof your dough, then start the oven when you have 45 minutes remaining on proof time so you can save yourself time.
6. Lay out a piece of parchment paper double the width of your dough. Use the 1 Tbsp of flour and sprinkle it on one end of the parchment. Scrape the dough into an oval loaf in the bowl then scrape onto the floured area of the parchment. Reshape if needed. Place the cornmeal on the opposite end of the parchment then roll the loaf over onto the cornmeal by lifting the parchment paper - the flour side of the loaf is now facing up. Score a cross into the top of the loaf about ½" deep using a very sharp knife (this controls the direction the loaf will expand).
7. Place the loaf into the dutch oven very carefully as it is extremely hot, by using the parchment to lower the loaf into the dutch oven. Put the lid on the dutch oven and place it back into the oven on the middle rack. Depending on your oven, you can bake for 25 to 35 minutes, then remove the lid for another 5 minutes or until the bread is nice and brown. You can use an instant read thermometer to check for doneness – the bread should be 190 degrees in the center.
8. It took me a few tries to get the texture just right due to my temperature running hot. If your oven runs hot, try baking it at 425 degrees for 25 minutes, then 5 minutes with the lid off. It is so very worth it. Enjoy :) Bake for 15-17 minutes.