

Salt and Serenity

No Knead Bread

This original recipe was printed in the New York Times on November 2006. It was created by Jim Lahey of Sullivan Street Bakery. I discovered this wheat bran version in the February 2011 issue of Chatelaine Magazine.

3 cups all-purpose or bread flour (use unbleached)
¾ cup wheat bran
¼ teaspoon instant yeast
1½ teaspoons salt (table salt)
1 ⅔ cup plus 2 tablespoons room temperature water
Additional flour for dusting

1. In a large bowl combine flour, wheat bran, yeast and salt. Add water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70 degrees.
2. Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface. Wet your hands and scrape the dough out of the bowl onto the floured counter. Sprinkle it with a little more flour and fold it over on itself once or twice, sort of like folding a letter into thirds. Cover loosely with plastic wrap and let rest about 15 minutes.
3. Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Line a small colander with a cotton towel (not terry cloth) and dust well with flour. Put dough seam side down on towel and dust with more flour. Cover with another cotton towel and let rise for about 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.
4. At least a half-hour before dough is ready, heat oven to 450 degrees. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, put on oven mitts and carefully remove pot from oven. Uncover bread in colander. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 minutes, until loaf is beautifully browned. Cool on a rack.

Yield: One 1½-pound loaf.

