

Vermont Cheddar Bread

Artisan Bread in Five Minutes a Day -- Hertzberg & Francois



3 cups lukewarm water
1 1/2 tablespoons yeast, granulated type
1 1/2 tablespoons salt
1 1/2 tablespoons sugar
6 1/2 cups all-purpose flour
1 cup grated cheddar cheese, sharp, or New York

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 24

When this says you can make bread in five minutes, it's true. Although you need to let it rest awhile. But the amount of time required to mix up the dough, then later shape it for baking, combined, takes less than five minutes. The dough can be refrigerated for up to 7 days, pulling out what you need each time.

1. Mixing and storing the dough: Mix the yeast, salt and sugar with the water in a 5-quart bowl, or a lidded (not airtight) food container.
2. Mix the dry ingredients and the cheese, without kneading, using a spoon, a 14-cup capacity food processor (with dough attachment) or a heavy-duty stand mixer (with dough hook). If you're using a machine, you may need to use wet hands to incorporate the last bit of flour.
3. Cover (not airtight), and allow to rest at room temperature until the dough rises and collapses (or flattens on top), approximately two hours.
4. The dough can be used immediately after the initial rise, though it is easier to handle when cold. Refrigerate in a lidded (not airtight) container and use over the next seven days.
5. On baking day, dust the surface of the refrigerated dough with flour and cut off a grapefruit-sized piece (if baking one loaf). Alternately, weigh the entire amount and divide into 4 equal portions, about 1 3/4 pounds each. Dust the pieces with more flour and quickly shape it into a ball by stretching the surface of the dough around to the bottom on all four sides, rotating the ball a quarter-turn as you go. Allow to rest and rise uncovered on a cornmeal-covered pizza peel for one hour (or just 40 minutes if you're using fresh, unrefrigerated dough).
6. Twenty minutes before baking time, preheat the oven to 450 degrees, with a baking stone placed on the lowest rack. Place an empty broiler tray on any other shelf that won't interfere with the rising bread.
7. Sprinkle the loaf liberally with flour and slash a cross, a scallop, or tic-tac-toe pattern into the top, using a serrated bread knife. Leave the flour in place for baking; tap some of it off before eating.
8. Slide the loaf directly onto the hot stone. If it sticks, gently coax it off the pizza peel. Pour one cup of hot tap water into the broiler tray, and quickly close the oven door. Bake for about 25 minutes, or until deeply browned and firm. Smaller or larger loaves will require adjustments to baking time.
9. Allow to cool on a rack before slicing or eating. Makes 4 approximately one pound loaves.

Yield: 4 loaves

Per Serving (excluding unknown items): 147 Calories; 2g Fat (12.0% calories from fat); 5g Protein; 27g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 430mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.