European Peasant Bread (No-Knead)

From: Artisan Bread in 5 Minutes a Day



3 cups lukewarm water

1 1/2 tablespoons yeast, 2 packets (not rapid rise)

1 tablespoon Kosher salt (original recipe calls for 1 1/2)

1/2 cup rye flour

1/2 cup whole wheat flour

5 1/2 cups all purpose flour

cornmeal for pizza peel

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

Servings: 32

1. MIXING: Mix yeast and salt with the water in a 5 quart (20 cup) container (best if it has a lid but is not airtight). Mix in remaining dry ingredients without kneading, using a wooden spoon or mixer. Cover (not airtight) and allow to rest at room temperature until dough rises and collapses (or flattens on the top) approximately 2 hours. 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 14 days. [This recipe makes 4 loaves, small boule sized, enough for 4 people to accompany a meal.]
2. BAKING DAY: On baking day, dust the surface of the refrigerated dough with flour and cut off a 1 pound (grapefruit-size) piece. Dust with more flour and quickly shape it into a ball by stretching the surface of the dough around the bottom on all four sides, rotating the ball a quarter-turn as you go.
3. RESTING PERIOD: Allow to rest and rise for 40 minutes on a pizza peel or cutting board that is WELL covered in cornmeal. Note: it is hard to tell much difference in size during this resting period.
4. BEFORE BAKING: 20 minutes before baking, preheat the oven to 450°F, with a baking (pizza) stone placed on the middle rack. Place and empty (metal) pan or broiler tray on any other shelf that won't interfere with the rising bread.
5. BAKING: Sprinkle the loaf liberally with flour and slash a cross, scallop or tic-tac-toe pattern into the top, using a serrated bread knife. Leave flour in place for baking, tap some of it off before slicing. Using a thin spatula or your hands, slide the loaf directly onto the hot stone. Pour 1 cup of hot tap water into the broiler tray (it will steam up immediately) and quickly close the oven door. Bake for about 35 minutes, or until the top crust is deeply browned and firm. Allow to cool before slicing.

Yield: 4 loaves

Per Serving (excluding unknown items): 92 Calories; trace Fat (3.0% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.