

No KNEAD BOULE

INGREDIENTS

3 cups Unbleached All Purpose or Bread Flour, plus extra flour for dusting
2 tsp quick rise yeast (like Fleishmann's)
2 tsp salt (I use himalayan but sea salt or table salt is fine too)
1 ¾ cups warm water (temp of bath water)
Olive oil or Olive oil spray

You will need a medium sized dutch oven (with lid) or other oven proof pot (with lid), a large mixing bowl and parchment paper



Prep Time

2 1/4 hrs



Cook Time

1 hr



Portion

1 loaf

DIRECTIONS

1. Set the oven to the bread proof setting. If you don't have this feature, move to step 2.
2. In a large mixing bowl add and stir together warm water, salt and yeast. Leave for 5 minutes.
3. Then add flour and mix until dough comes together in a sticky but unified manner. It will not look like a ball of dough at this point. That's perfectly fine.
4. Spray the surface on the dough with a thin coating of olive oil cooking spray. Cover mixing bowl with saran wrap or parchment paper and a dish towel on top of that.
5. Either set the bowl aside in a warm place for 2-3 hrs or place in the oven on the bread proof setting for 2 hrs.
6. Once 2 hrs have elapsed, check the dough. It should be at least doubled in size and full of holes. At this point, remove the dough and preheat the oven to 400 degrees Fahrenheit. Place the pot with the lid in the oven to heat up.
7. Turn the dough out of the mixing bowl onto a floured surface. With a dough scraper, gently fold over the dough multiple times to form a ball shape. with seam sides down. Transfer the dough to

a clean sheet of parchment paper, which it will bake on inside the oven proof pot.

8. Once the oven is preheated, carefully remove the pot and put the dough (on parchment paper) into the pot. Close the lid and return immediately to the oven.
9. Bake for 30 minutes with lid on, remove lid and bake for another 30 minutes.
10. Remove from the oven and carefully remove the bread from the pot and allow to cool on a wire rack.

NUTRITIONIST'S TIP

This recipe can be doubled to make 2 boules. Keep one for yourself and share another with a friend or freeze for later. Can be frozen for up to 1 month. Sub whole wheat flour for $\frac{1}{2}$ of the white flour. You could also add sesame, poppy or other seeds on top before baking or mixed into the dough itself.