

# NO KNEAD SOURDOUGH BREAD



This recipe has been adapted from two bread recipes—Food: Field Report called Pane Integrale (Whole-Wheat Bread), and the other is from Breadtopia.com for Sourdough bread. This loaf is gigantic and will be as big as your Dutch oven. It lasts us about a week, and we usually freeze half of it. It does well when defrosted.

4+ c. organic white flour  
2 c. Hindley or LaBoyteaux Hard Whole Wheat flour (or another type of whole grain flour)  
1 small handful kosher salt  
1/4 tsp yeast  
3/4 cup sourdough starter  
2.5 cups cold water (non-chlorinated—I use Brita filtered water)

Mix 4 cups organic white flour and 2 cups whole grain flour (good results have been had with 3 cups whole grain and 3 cups white flour; the less whole wheat, the fluffier the bread), salt, and yeast together in a large mixing bowl. Make a well, pour in sourdough starter and water, mix with a spoon until everything is blended—about 30 seconds. Cover with a towel and leave on a countertop. It shouldn't be somewhere very warm because it will be rising for 18-24 hours.

After the dough has risen for 18-24 hours, pour a bit of flour along the edge of the entire bowl (~1/4 cup) and scrape the dough away from the side of the bowl with your fingers—squish it, knead it for about 30 seconds, and put enough flour that it isn't super sticky. Set the dough on the middle of your tea towel and gently fold the flaps over the dough to cover. If you are concerned about it sticking, dust your tea towel with a teaspoon of rice flour before putting the dough on it.

In 1.5 hours, put a 5 qt. Dutch oven, including the lid on it, in the oven at 450-500°F (my electric oven 460°; gas ovens 500°). Let it heat up for ½ hour or until the oven is back up to temp. Slide the oven rack with the Dutch oven out a little bit, take the lid off, and gently slide

the dough into the pot. Don't worry if it isn't centered; it will level out while baking. Don't try to fix it if it goes in crooked. Quickly put the lid on and slide back into the oven. Bake for 35 minutes without peeking! Take the lid off and cook until the top of the bread is browned, about 7 minutes in my oven.

The oven part of this is very hot—like doing raku with ceramics—scary-fun! Be very careful—cast iron at that temperature is likely to burn you badly. When the bread comes out of the oven, pop it loose from the bottom of the pot with a butter knife. It should pop out very easily. Be careful since the pot is still scalding hot. Place the bread on a wire rack to cool.

This bread is very moist and dense. It makes a great sandwich bread for several days (unusual for homemade bread) It is very rustic, great with Italian meals or soup, and makes the most excellent toast ever eaten (seriously!) For breakfast, it is excellent slathered with Cypress Grove Chevre and honey, better than any pastry I've ever had. It is also great sliced thinly, brushed with olive oil, sprinkled with salt, and broiled until light brown—a rustic and delicious appetizer.

## RESOURCES

Jennifer Bell, UC Master Food Preserver

## LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county.

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