



Bread you don't need to knead

10'

Hands on

27 hours'

Hands off

45'

Cook Time

4-6

Portion(s)

2

Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Combine all of the ingredients in a bowl, using a wooden spoon. Mix until the mixture looks like a thick porridge.
- Cover bowl with plastic wrap. Poke one or two holes in the plastic wrap and allow mixture to rest for 15-25 hours.
- When ready turn dough out on to a working surface dusted with flour. Fold the dough in on itself 3-4 times. Quickly make a ball. Place a kitchen towel in a bowl and dust with flour heavily. Put the dough on the towel in the bowl. The dough is VERY loose so you need to work very quickly with it and your hands need to be floured also, in order for you to fold it.
- Let the dough rest for about 2 hours, until it doubles in size.
- Lightly oil an oven proof, casserole dish or clay pot with a lid. Put in oven to heat. Tilt the bowl to drop the dough into the heated dish or pot. Bake at 230* C (440* F) with the lid on, for 30 minutes.
- Remove the lid and bake for another 15 minutes or so, until the forms a crust that is golden brown and crunchy.

Tip

Keep in mind that the more water the dough contains, the more porous it will turn out... Play around with the dough a bit, to get a feel of it and see what works best for you... Even though this bread doesn't need any kneading, you still need to be careful with it. Try different types of flour you might like. It helps if ½ of the quantity you use is white flour and the other ½, whole wheat...

Ingredients

- 600 g all-purpose flour
- 450 g water
- 10 g salt
- ½ package of dry yeast

Διατροφικός πίνακας

Nutrition information per 100 gr.

201 Calories (kcal)	0.79 Total Fat (g)	0.25 Saturated Fat (g)	42.0 Total Carbs (g)
100 %	1%	1%	16%
0.32 Sugars (g)	5.7 Protein (g)	2.3 Fibre (g)	0.94 Sodium (g)
0%	11%	9%	16%