

# DAILY BREAD

## Dutch Oven Bread

### Preparations

Ready in 24 hours

Serves 2- 4 people

A simple basic rustic bread easy to modify and delicious fresh out of the oven.

### Ingredients

2 cups bread flour

$\frac{3}{4}$  teaspoon sea salt

$\frac{1}{4}$  teaspoon instant dry yeast  
(or  $\frac{1}{4}$  cup sourdough starter)

$\frac{3}{4}$  cup plus 2 T water

$\frac{1}{2}$  teaspoon apple cider vinegar

### Tools

Large bowl

Cover for bowl (can be a lid, plate, plastic wrap, etc)

Flour sack towels

Dutch oven (2 - 3 quart)

Optional: Wooden proofing baskets.



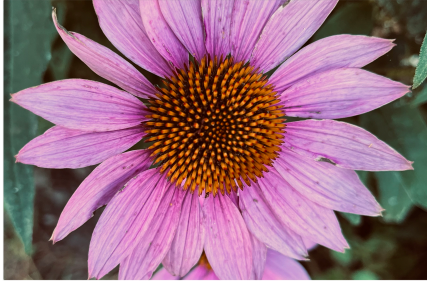
### Preparations

In a large bowl, mix together flour, salt & yeast. Add water & vinegar. Using a spoon or spatula, stir & fold mixture until a shaggy dough ball forms. You want the dough very sticky. If too dry, add extra water one teaspoon at a time.

Cover the bowl with a lid, plastic wrap or large plate. Let rise for 12 - 18 hours at room temperature until the dough is more than doubled in size and the surface is dotted with air bubbles.

Once the dough has risen, rub the bottom of a 2 - 3 quart Dutch oven with oil and dust with cornmeal.

Using a rubber spatula, scrape sticky dough out of the bowl & onto a well floured surface. Gently fold a few times and then pull all edges towards the middle. Flip the dough over and shape it into a tight ball.



## TIPS:

Starting the mixture in the evening to make for the following day works really well since this bread requires a very long first rise time.

1st rise and proofing times are very dependent on air temperature - longer for cool rooms, shorter for warm rooms. Long first rise develops best flavor of bread.

Do not overknead or handle bread - this is a very simple rustic wet dough recipe.

Recipe yields one small loaf about 14 ounces. Use fresh bread within 2 days of baking. If freezing, slice before packing and thaw slices individually.

## Proofing

Proofing option #1: Place dough in the center of the pot, seam side down and cover the pot with lid. Let rise at room temperature until dough has almost doubled in size and slowly springs back when poked - about 1 - 2 hours.

Proofing option #2 Place in wooden proofing basket lined with a heavily floured flour sack towel to rise for 40 - 60 minutes. Heat Dutch oven in oven to 425 F.

## Baking

Prepare to Bake - Heat oven to 425 F.

Option #1: Make a 4" slit about ½" deep across the top of the bread using a knife/razor. Cover the pot with the lid and place in oven. Bake for 30 minutes and then carefully remove the lid, reduce temperature to 400 F. Continue baking until the bread has internal temperature of 200 - 210 F.

Option #2 : Heat Dutch oven in oven for 15 minutes. Carefully flip bread from proofing basket into heated Dutch oven and slit bread in hot pan (be careful - hot). Place lid on Dutch oven and return to oven. Bake for 30 minutes and then carefully remove the lid, reduce temperature to 400 F. Continue baking until the bread has internal temperature of 200 - 210 F.

Carefully remove bread from oven and transfer to a rack to cool. Cool at least 1 hour before slicing and serving.