



No-Knead bread using Red Fife flour

Ingredients:

3 cups Red Fife flour, plus more for dusting
1/4 tsp. instant yeast
1 1/4 tsp. salt
Cornmeal as needed

Procedure:

In a large bowl combine flour, yeast and salt. Add 1 5/8 cups of water, stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at room temperature. The dough is ready when its surface is spotted with bubbles.

Lightly flour a work surface and place dough on it; sprinkle it with a little more flour over on itself once or twice. Cover loosely with plastic wrap and let it rest for about 15 minutes.

Using just enough flour to keep dough from sticking to the work surface or to your fingers, quickly shape the dough into a ball. Generously coat a cotton towel with flour, wheat bran or cornmeal. Cover with another cotton towel and let rise for two hours. When it is ready, dough will be more than double its size and will not readily spring back when poked with a finger.

At least a half an hour before the dough is ready, heat oven to 450°F. Put a six-quart heavy covered pot in the oven as it heats. When the dough is ready, carefully remove the pot from the oven. Slide your hand under the towel and turn the dough over into the pot, seam side up. It may look like a mess but that's okay. Shake the pan once or twice if the dough is unevenly distributed; it will straighten as it bakes. Cover with the lid and bake for 30 minutes, then remove the lid and bake for another 15 or 30 minutes or until the loaf is beautifully browned. Cool on rack.

