

NO-KNEAD PEASANT BREAD

FROM ALEXANDRA'S KITCHEN

<https://alexandracooks.com/2012/11/07/my-mothers-peasant-bread-the-best-easiest-bread-you-will-ever-make/>

Ingredients	Equipment
<ul style="list-style-type: none">• 4 c (512 g or 1 lb. 2 oz) unbleached all-purpose flour• 2 tsp kosher salt• 2 c lukewarm water *• 2 tsp sugar• 2 tsp instant yeast **• 2 tablespoon butter	<ul style="list-style-type: none">• dry measuring cup• measuring spoons• liquid measuring cup• small leveling spatula or knife• kitchen scale, optional• large metal mixing bowl• wooden spoon or rubber scraper/spatula• one 8x8 pan• cooling rack

1 8x8 pan of bread.

* To make foolproof lukewarm water that will not kill the yeast (water that's too hot can kill yeast), boil some water. Then, mix 1½ cups cold water with ½ cup boiling water. This ratio of hot to cold water will be the perfect temperature for the yeast.

** Instant yeast is the fastest and easiest yeast to use. However, if you use active yeast make the following recipe changes: in a small mixing bowl, dissolve the sugar into the water. Sprinkle the yeast over top. There is no need to stir it up. Let it stand for about 10 to 15 minutes or until the mixture is foamy and/or bubbling just a bit — this step will ensure that the yeast is active. Meanwhile, in a large bowl, whisk together the flour and salt. When the yeast-water-sugar mixture is foamy, stir it up, and add it to the flour bowl. Mix until the flour is absorbed.

Instructions

1. In a large mixing bowl, whisk together the flour, salt, sugar, and instant yeast. Add the water. Mix until the flour is absorbed.
2. Cover bowl with a tea towel or plastic wrap and set aside in a warm spot to rise for at least an hour (see how to create a warm environment below).
3. Preheat the oven to 425°F. Grease an 8x8 pan with 2 tablespoons of butter.
4. Using a spatula, punch down your dough, scraping it from the sides of the bowl, to which it will be cling. Loosen the dough entirely from the sides of the bowl.
5. Scoop up the dough with the spatula and place into the

greased pan. Level it out. This part can be a little messy. It's best to scoop it up fast and plop it in the bowl in one fell swoop.

6. Let the dough rise for about 20 to 30 minutes on the countertop near the oven.
7. Bake for 15 minutes.
8. Reduce the heat to 375° and make for another 20-30.
9. Remove from the oven and turn the loaves onto cooling racks.
If you've greased the pan well, the loaf should fall right out onto the cooling racks. Let cool for 10 minutes before cutting.

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How to create a warm proofing environment:

Turn the oven on at any temperature (350°F or so) and let it preheat for **one minute**, then turn it off. The goal is to just create a slightly warm environment for the bread.