

## SOME-KNEAD BREAD

By Nicky Giusto (Central Milling)

We've all heard of Jim Lahey's "No-Knead" method of making bread. It's a great method...

We've simply expanded upon his method by adding a preshape and a bit of kneading to the process. The result is an incredibly simple bread to make that has all the fermentation and flavor benefits of Jim's original formula, but with some refinement to the final shape. Hopefully this helps progress your skills as a baker.



### Overview

Desired quantity of dough	grams	1595
Unit Weight	grams	200
Number of Units		8

### Final Dough

	Baker's %	Weight (g)
<a href="#">Organic Artisan Baker's Craft Plus</a>	100	900
Water	75	675
Instant Dry Yeast	.25	2
Salt	2	18
<b>Total</b>	<b>177.25</b>	<b>1595</b>

### Technical

Dough temperature		68-75°F
Mixing time	Mixer:	Hand
	First:	N/A
	Second:	N/A
Gluten structure		Incorporated/short
First fermentation		12-18 hrs
Dividing		200g
Pre-shaping		Round, then oval
Resting time		20 min
Shaping		Batard/football
Proofing	Rm Temp	1.5 hrs
Baking*	500°F	20 min
Steam		Yes

\*Baking time & temp could vary depending on oven

### Process

The afternoon or evening before you want to bake the bread, combine all the ingredients and mix by hand for about two minutes. If you've made the original No-Knead bread before, just mix a bit longer, until the dough has a little resistance.

Cover the bowl or container so a skin does not develop on the dough. Let the dough sit for a minimum of 12 hours and up to 18 hours. The place where you keep it should be between 68° and 75°F.

### The next day.

Turn the dough on to a lightly floured surface and dust it with a bit of flour - just hitting the glossy/sticky areas.



Cut the dough into 200g pieces and lightly preshape them into rounds. Then, give each one a little push/roll with the heel of your hand to make an oval. Let these preshapes rest for 20 minutes.



Next, shape the ovals into baby batards and proof them in linen, seam-side-up, for about 1.5 hours.

With 45-60 minutes left to go, preheat your oven to 500°F. Place your baking stone or baking steel in the oven at this point. Get that baby nice and toasty.

Score the first batch of 4 batards with a single or double cut and load them in the oven. If you're worried about the other 4 overproofing, place them in the refrigerator. If you have a method for steaming your oven, employ it now. Or spray the batards with a bit of water before you close the door.

Bake the little dudes for about 20 minutes. Pull them and load in the next batch.

