

Kneadless Effort

Baking School for Loafers



Ingredient	Amount in grams	Amount by measure
Whole wheat flour	143 grams	1 cup
All purpose flour	286 grams	2 cups
<i>Total flour</i>	<i>430 grams</i>	<i>3 cups</i>
Water	345 grams	1 ½ cups
Salt	11 grams	2 teaspoons
Instant yeast	¼ teaspoon	¼ teaspoon

- Mix salt, yeast, flour in a medium size bowl. *Add flax, sesame, poppy seeds, rosemary ... at this time.*
- Add water, mixing with a wooden spoon until there are no dry spots.
- Cover bowl to prevent dough from drying out.
- Let rise 12 - 18 hours at room temperature. Chart shows 16 hour rise.
- Prepare dough for second rise. Turn dough out onto a floured surface. With floured hands, fold opposite ends of dough over. *Add sliced olives, roasted garlic... at this time.* Shape dough into a ball. Place dough ball on parchment paper. Pick up sides of parchment paper and place dough into a bowl to rise 2 hours, covered.
- Preheat oven and pot to 475°. *Do this at least 45 minutes before you plan on baking.*
- Snip a small, shallow X into center of dough with scissors.
- Bake covered for 30 minutes. Remove cover and bake 15 minutes or until temperature reaches 211° and bread is golden brown.
- Avoid temptation to eat, let bread cool for at least an hour.

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Mixing, Rising, Baking Times

Mix Dough	End of 1st rise	End of 2nd rise	Out of oven
1:00 pm	7:00 am	9:00 am	9:45 am
2:00 pm	8:00 am	10:00 am	10:45 am
3:00 pm	9:00 am	11:00 am	11:45 am
4:00 pm	10:00 am	12:00 pm	12:45 pm
5:00 pm	11:00 am	1:00 pm	1:45 pm
6:00 pm	12:00 pm	2:00 pm	2:45 pm
7:00 pm	1:00 pm	3:00 pm	3:45 pm
8:00 pm	2:00 pm	4:00 pm	4:45 pm
9:00 pm	3:00 pm	5:00 pm	5:45 pm
10:00 pm	4:00 pm	6:00 pm	6:45 pm