

ARTISAN BREAD

Just the name alone is intimidating! “I’m no artisan” you cry, but as it turns out, the root of the word “artisan” comes from an old Greek word meaning “probably the easiest bread you’ll ever make”. This dough has a very high moisture content, and if allowed to sit long enough, the moisture activates the glutens in the dough which means it requires NO KNEADING! This recipe will make 2 small loaves of bread, but it also makes a wonderful thin crust pizza! The dough can be stored in the refrigerator for over 2 weeks (as long as nothing is growing on it) and the longer it ages, the more sourdough flavor you will have.

Ingredients:

3 Cups White Flour

1 ½ Cups warm Water

1 ½ teaspoons Kosher Salt **OR** 1+ teaspoon Table Salt

1 ½ teaspoons Yeast

Corn Meal

Directions:

In a large mixing bowl, combine the water, yeast and 2 cups of flour and stir for about 15-20 seconds. Add the remaining flour and salt and stir for about 1 minute or until the flour is incorporated. The dough will be very sticky. Cover bowl and keep in a warm place to rise for at least 2 hours. If you are going to use the dough later, place in the refrigerator, covered with plastic wrap.

At least 2 hours before you plan on eating bread (3 hours if it was refrigerated) put corn meal on the edge of a cutting board (don’t skimp) where your bread will rise. Next, sprinkle the dough with flour and divide in half, quickly form it into a ball (it’ll still be really sticky) and place on the corn meal.

Sprinkle the top of the dough ball liberally with flour, then using a very sharp knife, quickly slice the dough in whatever pattern you like, about ¼ inch deep. Allow to rise for 1 hour or until double in size (it will take longer if the dough was in the refrigerator).

40 minutes prior to baking, place a pizza stone (or ceramic tile) in middle of the oven and preheat to 425 degrees. Approximately 10 minutes before you are ready to bake, put a steaming device in the oven (a pie pan or cake pan works well).

When you are ready to cook, quickly slide the bread off of the cutting board onto the cooking stone, then add ½ cup water to your steaming device. Bake for 25 minutes. Remove from oven and allow to cool on a wire rack. Brush off excess flour and serve.

For **garlic bread**, roast 2 heads of garlic, place the cloves in a bowl and mash them around into a paste, and add them to the dough along with your first 2 cups of flour.