

## Rustic Artisan Bread

### Ingredients:

- 1000 g. whole wheat, rye, spelt, or kamut flour
- 780 ml. room-temperature water
- 15 g. salt\*
- 1 g. instant dry yeast

### Tools:

- Kitchen scale
- 4 qt. Dutch oven
- 10-12 qt. plastic container
- 2 proofing baskets, 9" or same size bowls (plastic or stainless steel)



### Instructions:

1. Add flour, salt, yeast, and water to the plastic container and mix with your hands until well combined. (You can use a plastic glove to mix).
2. Cover and let rest 20 minutes.
3. Fold dough by reaching under it, pulling out a side, stretching, and then folding dough over 5 times.
4. Cover and let rest 20 minutes.
5. Repeat this process of stretching and folding the dough 4 times, then letting it rest 20-30 minutes.
6. Once this is completed, cover dough, and let it rest for 12 hours at room temperature.
7. Separate dough from sides of container with a floured hand or dough spatula before transferring it to a floured surface.
8. Cut it into two equal pieces, then gently double the sides under itself and form rounds. You should use your hands first and then the floured table for this. Don't overdo it.
9. Place in baskets or bowls seam side down and cover with damp tea towels or place the baskets in plastic bags as this works best.
10. Let dough proof for 50 minutes.
11. Place Dutch oven into the oven and preheat to 475°F or 246°C
12. Turn baskets or bowls over on a floured surface and carefully place the first bread dough in the Dutch oven, seam side up.
13. Cover and bake for 30 minutes.
14. Uncover and bake for another 10 minutes
15. Place finished round on wire rack to cool for at least 2 hours before slicing.
16. Now do the same with the second piece of dough. **Note:** You can spray a little water in the Dutch oven to create steam prior to placing it into the oven.

**Tip:** If you don't have a Dutch oven you can use a cast iron pot with a lid or an upside down cookie sheet. If you use the cookie sheet make sure to place a pan at the bottom of the oven where you can add water to create steam. This is a very important step. Once the bread is inside, add the water to the pan just prior to closing the oven door. The cooking time will vary a little if you use this method.

**Note.** Weighing the ingredients, instead of using cups, ensures that your bread comes out perfect every time.

*\*Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda.*