

## **BASIC BREAD DOUGH**

(can also be made without salt)

Recipe from Laura Rogerson, St. Albert's Farmer's Market vendor at Garneau City Arts Centre

### Dry:

3 cups bread flour (400 g)  
1 ¼ tsp sea salt or Kosher salt (8 g)  
¼ tsp yeast (1 g)

### Wet:

1 1/3 cups water, filtered (300 g) @ Cool Temperature 55 – 65 °F

Optional: use cornmeal for dusting

Instructions:

1. Mix dry ingredients together in a large mixing bowl. Add water and mix with your hand or use a wooden spoon for about 30 seconds or so to incorporate all the flour.  
Dough should be sticky and wet. (Refrain from adding extra flour)
2. If you live in drier climates, you might need to add 1 tbsp more water or so. Hydration should be around 75%.
3. Wrap the mixing bowl with a cling wrap; avoid covering with tea-towel as air would escape through the tea-towel.
4. Let it rise for 12 to 18 hours. It should double in size; look for dots on surface. Texture is very sticky. If you were to leave your dough for longer than 18 hours, your dough will have no life.
5. You will know if your dough is ready for second proofing when there are long strands developing as you lift the dough ball.
6. Flour your work surface. Dust tea towel with flour. Cover the tea towel over the dough and let it rise for an hour (to two hours) on the counter. Let it again double. When you poke the dough, the imprint should just stay. If it springs back, check back in 15 minutes.
7. Position oven racks 1/3 from bottom. Preheat the oven at 500F and subsequently preheat your stoneware or cast iron casserole pot while you wait for the second proofing.
8. Flip upside down in Dutch oven. The closed pot creates the environment of a steamed oven.
9. Bake covered for 30 minutes and uncovered for 15 minutes. You should be able to hear the bread 'sing' on the outside. Cook until internal temperature reaches 205°F.  
Leave the bread in the pan for 5 minutes.  
(At sea level: 200 to 202° F)
10. Cool for an hour before cutting on a rack.

To freeze:

Once the bread is cooled, wrap in tin foil to maintain moisture. Wrap in cling wrap and keep in a zipped bag.