

BBB - ARTISAN LOAVES: from “ARTISAN BREAD in Five Minutes/Day” chapter 5
BBB = Brother Bruce’s Bread ;-)

4 Lbs Dough = 4 loaves – use 6-3-3-13 for 8 lbs

3 cups lukewarm water

1.5 TBSP yeast (2 packets)

1.5 TBSP kosher or coarse salt

6.5 cups unsifted unbleached Flour (I like King Arthur)

Cornmeal (to dust pizza peels while rising, keep from sticking when sliding onto baking stone)

Things I like to add: * = always included, others optional – about 1- 1.5 TBSP +/-

- * Minced Onion
- * Garlic
- * Black Pepper
- * Italian Seasoning (or from below)
- Carraway
- Anise
- Thyme 1tsp dry, 2 tsp fresh
- Rosemary 1 tsp

Add Salt and Yeast to water, Mix flour into water – allow to rise 2+ hours – can be chilled in refrigerator after for use next day

Baking day:

Dust dough surface with flour, cut into quarters with serrated knife. Coat hands with flour to keep dough from sticking. Stretch the top around to the sides, rotating and stretching the boule for about 30 seconds – trying to stretch a gluten cloak.

Place on pizza peel which has been dusted with cornmeal to avoid sticking. Allow to rest/rise about 40 minutes. Popping into freezer for about 5 min will help when you slash the bread

Preheat oven to 450 with baking stone place in center rack, with an empty boiler tray underneath.

Dust loaves with flour, and slash the loaves in a tic tac toe (or whatever) pattern ¼ “ deep w/ serrated knife or with a double edge razor lame tool

After 20 minute preheat, can start to bake bread even if not at 450. Slide boules onto baking stone, and put 1 cup hot water from tap into boiler tray to provide steam which makes for a crispy crust.

Bake for about 30 minutes or until crust nicely brown and firm to the touch

Allow to cool completely on cooling rack before serving.

To make 8 loaves, increase ingredients to 6-3-3-13 for 8 lbs

For RYE

4 Lbs Dough = 4 loaves

3 cups lukewarm water

1.5 TBSP yeast (2 packets)

1.5 TBSP kosher or coarse salt

1.5 TBSP Caraway

1 Cup Rye Flour

5.5 cups unsifted unbleached

Create Cornstarch wash instead of flour dusting: paint on loaf and then slash – 1 cup warm water, 1TBSP cornstarch – brush on, dust with more caraway if desired