

Fred's Bread

"It is as foolproof (and I would know!) as any bread could be." - Fred

1 Loaf

Ingredients:

3 cups bread flour

½ teaspoon instant yeast

1 tablespoon sugar

1¾ cups water

1 teaspoon salt

Directions:

1. Mix all ingredients in a large bowl (this will make a very sticky dough)
2. Cover and leave in a warm spot for 24 hours
3. The next day turn the dough out on a floured cloth or a surface you can easily pick up (we use a plastic cutting sheet)
4. Use floured hands to roughly shape the dough into a round
5. Cover dough with a towel and let it rise
6. One hour after covering dough, turn on the oven to 500° and preheat a Dutch oven or 3-quart covered casserole dish
7. 1½ hours after covering dough turn the dough into the hot pan, cover and bake at 500 ° for 27-30 minutes (originally just 30 minutes)
8. Uncover the bread and bake for another 5-10 minutes (originally just 10 minutes) or so until top crust is browned
9. Remove bread from the oven and turn out on a rack

Notes from Fred:

- I have experimented w/doubling the sugar and salt, also adding a tablespoon of olive oil or butter.
- You can shape the loaves as French bread but you should have a terrine pan for that. You can also try the recipe on just a regular bake sheet and misting the oven a bit.

Based on a recipe from Fred Housel (summer 2014)