No-Knead "Whole Wheat" Bread Not-in-a-Pot Recipe

Makes 1 large loaf

Technically speaking, this is not a true 100% whole wheat bread, since whole wheat does not have enough gluten to create a light and chewy texture.

INGREDIENTS

2 1/2 cups bread flour or all-purpose flour (300g)

1 1/2 cups whole wheat flour (180g)

1 3/4 teaspoons fine sea salt

1/2 teaspoon instant yeast, or active dry yeast softened in 1 tablespoon water

1 2/3 cups warm water (394g)

Additional flour for work surface and rising bowl

 METHOD

1. In a large mixing bowl, stir together the white flour, whole wheat flour, salt, and yeast. Stir in the water and mix until well blended. The dough will be soft and sticky. Form the dough into a loose ball in the bowl and cover it with plastic wrap. Let rest at room temperature for 8 hours or up to 18 hours. The dough should have doubled in size and look puffy with a few air bubbles.

2. Generously flour a work surface. Turn the dough out in one piece. Using wet fingers if the dough is very sticky, pick up one side of the dough and stretch it on top of the dough to the other side. Turn the dough 90 degrees and repeat until you have stretched all four corners of the dough. Cover lightly with a dishtowel and let rest for 15 minutes. Repeat, stretching all four corners of the dough over itself again. This will help the bread hold its shape better when it bakes.

3. Turn the dough over and cup your hands around it. Drag and rotate it over the work surface towards your body a few times to create tension on the outside of the dough until it is smooth and you have created a round boule.

4. Dust a cloth napkin with flour and fit it into the smaller bowl. With the smooth side down, place the dough in the bowl and dust with more flour. Cover the bowl with a baking sheet. If you are using a rimmed baking sheet, position it so the rim is on top. Let rise for 1 /2 to 2 hours, or until it doubles. Gently poke a finger into the dough and if it doesn't spring back, it is ready.

5. About 30 minutes before baking, position a rack in the lower third of the oven and preheat the oven to 450 degrees. If you have a baking stone, place it on the lower rack. When the dough is ready, invert the bowl onto the baking sheet. (The baking sheet rim will be on the bottom.) Lift off the bowl and carefully remove the napkin. With a razor blade, make a long slash across the top of the bread. Make 2 smaller slashes on either side.

6. Rinse out a large bowl with water, and dump out the water. Set the bowl over the bread and bake for 30 minutes. Remove the baking sheet from the oven and slip spatula under the rim of the bowl. Tip it up to release the steam, being careful to keep it

at arms length to prevent steam from burning your arm. Lift off the bowl, return the bread to the oven, and bake for another 15 minutes, or until the crust is golden brown. The internal temperature of the bread should be around 205 degrees when you poke a hole in the bottom with an instant read thermometer.

7. Cool completely on a wire rack before slicing. (No cheating.)