

No-Knead Whole Wheat Bread

Prep time: 5 minutes

Rising time: 3 hours, or overnight

Cook time: 45 minutes

Tools:

- An oven
- A Dutch oven (a type of pot)

Ingredients

Dry

- 2 cups whole wheat flour
- 1 cup all-purpose (white) flour
- 1/2 tsp instant yeast
- 1 tsp salt

Wet

- 1 1/2 cup hot water

Method

1. In a large mixing bowl: **combine** the whole wheat flour, white flour, salt, and yeast.
 1. **Add any optional dry add-ins** at this point: garlic powder, nutritional yeast, etc.
2. **Add in the hot water** (about 125° F) to the flour mixture.
 1. **How to get your water hot enough:**
 1. Option 1: Turn your tap up to as hot as it can go. This will be about 125° F.
 2. Option 2: Use a water boiler (this is what I do). Mix together about 1 cup hot water from the water boiler and 1/2 cup cold water from your tap. This will be about right.
3. **Add any optional wet add-ins** at this point: e.g., 2 tbsp olive oil to make the bread come out even softer.
4. **Cover with plastic wrap** and let rise at room temperature for 3 hours. **Alternatively**, let it sit overnight either on the counter or in the fridge.
5. After 3 hours (or overnight) the dough should have risen. **Punch it down** and let it stand again while you **preheat** the oven.
6. Put your Dutch oven, with its lid on, in your cold oven. **Preheat the oven to 450° F.** (I actually do 425° F because my oven runs hot).

7. When your oven reaches 450°, **take the Dutch oven out.**
8. Place **parchment paper** into the Dutch oven. I use reusable parchment paper which you can see in the video. Be **careful** - the Dutch oven is hot!!
9. Place the **dough on top of the parchment paper**. Put the **lid** back onto the Dutch oven.
10. **Bake** for 30 minutes.
11. After 30 minutes, remove the lid. **Bake** for another 15 minutes.
12. Let the bread **cool** for about 10-20 minutes before enjoying it.
13. It keeps well on your counter for about 3 days.

Cost breakdown:

- White flour: 120 g at 12 cents per 100 g = 14.4 cents
- Whole wheat flour: 240 g at 15 cents per 100 g = 36 cents
- Salt: negligible cost
- Yeast: 2.84 g at \$4.40 per 100 g = 12.5 cents
- **Total, rounded up: 63 cents**