

Artisan Bread in Five Minutes a Day

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Consider this “Cliff Notes” for this type of bread. To get the full benefits, read and refer to the book. This technique uses a pre-made high moisture dough (not kneaded) and stored in the refrigerator. 5 minutes refers to the time you pull off part of the dough from the pre-made dough and shape it. It needs to rest/rise for about 20-30 minutes and then baked for 25-30 minutes. This technique makes it easy to have fresh bread every day of the week with minimal effort. I mostly just make loaves or boules (round loaves), but the book is full of many delicious recipes with alterations to the dough.

Recipe – 3, 3, 6, 13 (3 Tbsp. Instant Yeast, 3 Tbsp. Salt, 6 c. Lukewarm Water, 13 c. Flour)

Mix in a bowl, by hand until flour is mixed in or you can use an electric mixer. I use my Bosch mixer but only mix until flour is mixed in. I don't know if it would burn out the motor on handmixer, it reminds me of a heavy muffin mixture.

Yeast-I use the instant yeast and buy it at Sam's or Costco. You can put the yeast in a plastic container and store it indefinitely in the freezer or approximately a year on the shelf.

Salt-The book recommends or should I say the writers used Kosher salt so I did too. I would probably use just a little less if it was regular salt shaker salt.

Water-Lukewarm tap water is what I use and what the book recommends.

Flour-The book strongly recommends all-purpose white (NOT BLEACHED) flour. All-purpose whole wheat flour they say also works well. You can mix your white and whole wheat all-purpose flours. They talk about scooping and sweeping (leveling off) to measure the flour.

***Ceramic Baking Stones**-the book recommends this and that is what I use, but my neighbor uses metal cookie sheets and it turns out good.

Storing – Use a container at least twice as big if not triple the size of the dough. You make up the batch, put it in your storage container covered, and then let it sit at room temperature for about 2 hours. The dough has popped the lid on me a few times so keep an eye on it. After that initial rising punch it down and store it in the refrigerator covered tightly or you can make bread right then.

Most recipes call for about a pound of the mixture or what they say about the size of a grapefruit. (My loaves are different sizes all the time because I don't weight, but they are cute no matter the size.)

Boule – Cut off a pound of dough, sprinkle it with flour so the dough doesn't stick to your hands. Start forming it into a ball by pulling the top to the bottom and turning as you go. Add flour each time to keep from sticking to your hands. Place on greased baking pan or stone. They say it doesn't need to be covered, but I put a flour sack towel over it. Preheat your oven to **450°F**. Dust top of loaf with flour when ready to put

in oven. Slash about ¼” with scissors making an X or parallel slits or tick tack toe slits. Bake for about **30 minutes** (I usually only do about 25 minutes).

Ciabatta – Cut off a pound of dough, DON’T dust with flour. Wet hands will help dough from sticking. Just like the boule for into a ball by pulling the top to the bottom and turning as you go. Flatten ball into elongated oval about ¾ inch thick, not thinner. Allow dough to rest 20 minutes. Preheat your oven to **450°F**. When ready to bake sprinkle a little flour on top but don’t SLASH. Place a cup of water in a broiler tray and place in oven with bread. Bake for about **20 minutes** or until golden brown. Allow to cool before cutting.

Pain d’Epi - Cut off a pound of dough, sprinkle it with flour so the dough doesn’t stick to your hands. Start forming it into a ball by pulling the top to the bottom and turning as you go. Add flour each time to keep from sticking to your hands. Now form into a baguette shape with end going to a point. Allow dough to rest 20-30 minutes. Preheat your oven to **450°F**. Just before putting in the oven dust surface with flour, cut from the top at a 45 degree angle stopping a little before the bottom (about a ½ inch). Fold cut piece over to the side, next piece to the other side and so on. Bake for 25 minutes. Place 1 cup of hot water in a broiler tray and put in with bread.

Baguette – Same as boule, but roll into a baguette shape about 2 inches in diameter. Just before placing in the oven, dust with flour and make diagonal slash marks. Bake with 1 cup of water in a broiler tray for **25 minutes**.

Pizza Dough – Same as boule, but form into crust before letting it rise/rest.

Toppings – You can bake the dough plain or if I’m serving it with pasta dishes I’ll brush crust with olive oil or butter or mixture of both then sprinkle with seasonings such as garlic salt, Italian seasoning, garlic/parmesan cheese (I got that from Pampered Chef). I’ve also put fresh rosemary leaves and parmesan cheese on the top. Do these things before baking.

