

No Knead Spelt Bread

Makes 1 981 g boule

Ingredients:

- 565 g spelt flour
- 10 g salt
- 450 g water
- 56 g honey
- 4 g instant yeast (1/2 packet)
- good pinch of cornmeal

Directions:

1. Combine the spelt flour and in a large bowl and mix well. Combine the water, honey and instant yeast and mix well. Create a well in the centre of the flour and pour in the water mixture and using a wooden spoon, mix until well combined; the dough will be a bit stickier than regular bread dough and a little firmer (you may need to put a little elbow grease into it to combine the flour entirely). Set aside covered for about 12 hours at room temperature (this step is best done overnight or if you wish to start earlier, allow it to rest covered in the refrigerator).
2. If the dough rested in the refrigerator, bring it to room temperature. Rub unflavoured oil on the sides and bottom of a large bowl.
3. Shape the dough into a nice boule by pulling up the sides into the centre using a spatula and gather them tightly to form the bottom of the boule. Flip the boule so that the pulled area is now at the bottom and roll it into the oiled bowl so the pulled area is now at the top (this will make it easy to flip the boule into the hot pan so that the smooth area is on top). Sprinkle a little spelt flour on top and allow to rest, covered for 60 to 90 minutes.
4. About 30 minutes into the proofing of the boule, put your 23 cm (9 inch) into the oven on the middle rack and preheat the oven to 450° F (the original recipe suggests that you place the pot on a baking sheet to insulate it a bit more so that the base of the boule doesn't burn).
5. When the boule has about doubled in size and the pan has been pre-heating for about 30 minutes, add a parchment circle to the bottom of the pan and sprinkle a little cornmeal over it. Gently roll the proofed boule into the pan. You may make some tension slices into the top so it breaks artistically, or you may let it break on its own.
6. Bake for 35 minutes with the lid on, then remove the lid and bake for additional 10 minutes. The internal temperature should be 195° F to 200° F. Allow to cool slightly and serve sliced with your favourite stew or just with butter.



Notes:

- This is a very sticky dough. I added the parchment to the bottom of the dutch oven because no matter how much cornmeal I put in the hot pan, it stuck quite badly.
- I tested this recipe with more flour and it made it too dense, so even though it is a sticky dough, it is the right amount of water and flour.
- A larger dutch oven will yield a wider and flatter boule.