

# FRENCH NO-KNEAD BOULE LOAF

F EASY

Last Modified: 12/08/2019

PREP: 12 To 24 Hrs  
COOK: 1 Hr  
OVEN: 450

BREADS

MAKES 1 LOAF

QUA	MEASURE	INGREDIENT	PROCESS
3	Cups	Bread Flour (Antimo Caputo Red (Chefs) Bag 00)	
OR			
3	Cups	All Purpose Flour (Not Self-Rising)	
PLUS			
		All Purpose Flour (For Dusting)	
1 1/4	Tsp	Kosher Salt	
1/4	Tsp	Dry Instant Yeast	
1 1/2	Cups	Cold Water	
1	Tbsp	Vegetable Oil	

## PREPARATION

<b>CAUTION</b>	The first time I made this, I ruined my Enameled Dutch Oven (sort of). Baked on Flour spots that won't wash off and I'm afraid to scrape them off). Now; perhaps it was either simply the 450 degree preheat was too hot for my Enameled Pan, or the fact that I blew the 1/2 hour preheat (shoveling snow off of the sidewalk) and it ended up being a little over 1 hour. Perhaps this would work better (safer) with a plain old style Cast Iron Dutch Oven that is NOT enameled. I used Bread Flour & it was delicious.
<b>FACTOID</b>	00 Flour is an indication of the "grind" ONLY (an almost talcum powder-like grind) - It has NOTHING to do with either the protein or gluten content. 00 Flour imparts a VERY tender and pleasing "mouth feel" to your Noodles. ALSO: Antonio Caputo Italian Flour is THE one to use. They make 2 kinds (Blue - Pizza Dough Version - Use after 30 to 60 minutes after mixing) and Red - Rinforzata or Chefs - Breads & Pastas - Use immediately after mixing).
<b>FACTOID</b>	This is not really a true French Boule (Ball) because none of us owns a French Bread Oven (One that mists water on the Bread as it bakes - Now you know how the French get that nice heavy crust with a soft inside in their wonderful Breads).
<b>NOTE</b>	A beautiful "crusty" exterior - Hot out of the oven with a ton of melted Butter - Ooooooh Baby, baby! While this does indeed have a fairly long and inconvenient "prep" time, it is EXTREMELY easy to make. Quick enough to have very often. It doesn't even need to be kneaded. You need to mix the batch as quickly as possible because the longer the batter is mixed for, the tougher textured your Bread will end up. This is more "batter-like" than "dough-like".
<b>FACTOID</b>	A tea towel is the Baker's best friend. My "tea towels" are a set of 6 all white, cotton "flour sacks" (towels) that I purchased at Bed Bath & Beyond several years ago.
<b>NOTE</b>	There are literally scores of things you can do with this Bread to make it different, both before and after baking. When mixing the Dough: Add a herd of whole pre-roasted Garlic Cloves. Add Black or Green Olives. Use a 50/50 mix of Dark Beer (Porter - NOT Black) and Water instead of only Water. This Bread can be kneaded a little bit during step 3. During the kneading process, you can mix in chopped fresh spices such as Rosemary, Parsley Oregano, Cilantro, etc. (NEVER use dried spices, they end up making the Bread look moldy). Knead in 5 Oz of shredded Asiago Cheese, etc. BTW, If you do decide to knead the Dough in order to add in things, you must allow it to rise again for two hours nestled in a well oiled covered mixing bowl, so be aware of the time increase.

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<b>HINTS</b>	<b>DOUGH PROOFING:</b> An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Dutch Oven &amp; Lid</li> <li>2) Large Mixing Bowl</li> <li>3) Wooden Mixing Spoon.</li> <li>4) 2 - Cotton Tea Towels</li> <li>5) Aluminum Half Sheet Pan &amp; Wire Rack</li> <li>6) Flexible Plastic Bowl Scraper</li> </ol>
<b>PREP</b>	None.
<b>1</b>	<b>The Day Before:</b> Mix the Flour, Salt and Yeast in a large mixing bowl, whisk to mix. Stir in the Water to blend. What you'll have is a wet, shaggy, sticky Dough, but not so wet as to be a Batter. Cover the bowl with a tea towel and let it rest in a warm place for at least 12 hours, and up to 24 hours. It will be ready for the next step when the surface is dotted with bubbles (See Picture #2). This is wet and EXTREMELY sticky
<b>2</b>	<b>3 Hours Before:</b> Flour a work surface and scraping the Dough out of the mixing bowl with a plastic scraper, dump the Dough out. Sprinkle the top with a little more Flour and fold it once or twice. Cover with the tea towel and let it rest for 15 minutes.
<b>3</b>	<b>2 1/2 Hours Before:</b> Using only enough Flour to keep the Dough from sticking to your fingers, shape the Dough into a ball. Place the tea towel on the sheet pan, coat the tea towel with Cornmeal, Wheat Bran or Flour and place the Dough ball on it, seam side down. Dust with more Cornmeal, Wheat Bran or Flour. (You need quite a lot because you want to be sure the top, bottom and sides of the Dough don't stick to the towel - Roughly a cup of Flour extra). Fold up the corners of the tea towel, pick up and move the Boule to a warm place. Allow the tea towel corners to completely cover the Boule and allow it to rise for about 2 hours. When ready, the Dough will be more than double in size.
<b>4</b>	<b>30 Minutes Before:</b> Preheat the oven to 450 degrees. Put the dutch oven & cover inside to also preheat.
<b>5</b>	When the Dough is ready, remove the dutch oven from the oven and gently roll the Dough into it, seam side up. (It will look messy, but this is OK.) Shake the dutch oven slightly to settle the Bread evenly in the center. Lightly cut your own personal bakers mark in the top of the Loaf with a sharp paring knife. Cover with the lid and bake for 30 minutes. Remove the lid and bake until the loaf is nicely browned, another 15 to 30 minutes. Cool on a rack.
<b>CAUTION</b>	The lid on / lid off step IS important, do NOT skip it! It's what gets our Crust as close as we can to a real French Crust.
<b>6</b>	This is a beautiful, crusty Bread to serve with anything that needs sopping up on your dinner plate. Preservative free and good for you, this Bread will keep for several days if uncut, wrapped in a clean tea towel and stored in a tightly closed brown paper bag.
<b>HINTS</b>	To end up with a "softer, chewier crust" we get another "handy use" for a clean tea towel. After removing the Bread from the dutch oven, immediately baste the top of the Loaf with a little melted Butter and wrap it securely in the tea towel while still hot.
<b>HINTS</b>	Brushing a very thin coat of Olive Oil on the bottom & sides of the Dutch Oven just prior to dumping in the Loaf Ball will make the bottom crust a little harder.