

# Munch ON THIS



## More Bread

By Marcia Rae  
October 13, 2010

This town has gone bread crazy. Everywhere I turn people are comparing notes – preheat the pan or not, cover or uncover, all whole wheat or a mix of wheat and white. 450 degrees or 500 degrees.

Here is what Mandy Cole says – “I just made the BEST bread ....it's only been cool for 5 minutes and I had to try it, with tons of butter of course. I used Stand-up Steve's Birdseed Bread recipe as a base and then improvised. I made my own sourdough starter, then used all organic whole wheat, caraway seeds, millet, pumpkin seeds, poppy seeds, quinoa, buckwheat groats, sesame seeds and other goodies. Joni gave me her cast iron Dutch oven to use and it makes a fabulous brown crust on the outside....thanks Marcia for inspiring the bread baking adventure and thanks to Tony and Donn Gorsline's mom, Rhea, for the big old farm table to knead the bread on. Her spirit is in that table.”

And this from Bob Anderson --

### Bob's No Knead Dutch Oven Bread

1/4 t active dry yeast  
1 1/2 cups room temp beer - the better your beer the better your bread  
3 cups flour (whole wheat, white or combination)  
1 1/2 t salt

I usually double this recipe for a big round loaf. Dissolve yeast in beer in a large bowl. Add flour & salt and stir until blended. The dough will be sticky. Cover the bowl with plastic wrap and set in a warm spot for 8 to 18 hours.

The dough should be dotted with bubbles before the next step. Scrape the wet dough out of the bowl and put it on a sheet of parchment paper dusted lightly with corn meal. (Make sure the piece of parchment paper is long enough to fit inside your dutch oven and stick up over the top.) Fold the dough over on itself a few times and form a round loaf with tucks and seams underneath and a smooth, round top. Leave the dough on the parchment paper, cover with a damp cloth and let rise another 2 hours.

20 minutes before the dough is ready, heat a 6-8 quart cast iron, enamel, or ceramic dutch oven with its lid in a 475 degree oven. Put some slashes across the top of your dough no more than 1/2 inch deep. Take the pot out of the oven and remove the lid. Using the ends of the parchment paper like handles pick the dough up and carefully set it in the pot still on the paper. The paper will stick up past the pot. Put the lid on and don't worry about the paper sticking out a bit. The exposed paper may turn black but it won't burn.

Bake covered for 30 minutes. Then uncover and bake for another 15 minutes or until the loaf is golden brown all over. Remove it from the pot and let it cool an hour before slicing. (I've actually never waited that long to slice it.)

Tricia Thompson's lovely Seeded Multigrain Boule recipe is available as a scanned document. Email me and I will send it to you.

Munch on This – Is there food in your daily bread?

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. The produce just keeps on coming -- apples, beets, carrots, chard, corn, daikon radishes, decorative gourds, eggs, flower bulbs, garlic, green beans, honey, indian corn, leeks, lettuce, nectarines, onion, starts, peaches, pears, peppers (a variety), pumpkins, radishes, rutabagas, salad mix, soap, squash, stepping stones, sugar snap peas, syrups, tomatoes, turnips, zucchini. Music is Tom Janssen, Cowboy Bob, recent newbie Spencer Masterson, and other likable fellows.

PSS – Get ready for the Pumpkin Decorating Contest at the Farmers Market, October 30. If you have pumpkins to sell or donate, please let us know. Then at noon, toddle on over to Carlson's for this year's Giant Pumpkin Contest and Pumpkin Swimsuit Contest, to be followed by the Great Pumpkin Race. Just too much pumpkin fun!