



ROYAL
VOLUNTARY
SERVICE

CLASSIC NO-KNEAD BREAD

by Alison Crouch

Ingredients

- 1 sachet (7g) fast-action dried yeast
- 400ml lukewarm water
- 500g strong white bread flour
- 1 tbsp salt
- Olive oil

Method

1. Add the yeast to the water and stir. Leave for a few minutes until frothy.
2. Meanwhile, mix the flour and salt in a large bowl.
3. Create a well in the middle and pour in the yeast and water mixture, then mix it with your hands until it forms a loose, elastic dough. If the mixture feels too wet, shake in a little more flour.



- 4. Cover the bowl with a damp tea towel and leave it to prove for two hours, until it's doubled in size.**
- 5. Uncover the bowl and, using a spatula, knock back the dough - lifting sections away from the edge of the bowl bit by bit, turning the bowl as you do so and folding it in on itself to reach the centre of the dough ball.**
- 6. Cover again and prove it for two hours until it doubles in size again.**
- 7. Lightly flour a worktop or chopping board and gently transfer your dough onto it from the bowl. Sprinkle some more flour on top and shape it into a ball, tucking the edges of the dough under itself a few times.**
- 8. Lightly coat a bowl with olive oil and place the dough into it. Dust some more flour over the top, cover and leave it to prove again for another hour.**

- 9. While the dough has its final prove, put a large, lidded cast iron casserole pot (or other heavy oven-safe cooking pot) in the oven at 230C (fan) and preheat for 45 minutes to one hour.**
- 10. Carefully remove the pot from the oven and place on a heat proof surface - it will be very hot.**
- 11. Gently lift the dough out of the bowl by tipping it into your hand and drop it, oiled side down, into the pot. Sprinkle a little more flour on top and bake, with the lid on, for 30 minutes.**
- 12. Remove the lid from the pot and bake for a further 15 minutes.**
- 13. To check the bread is fully baked, lift it out of the pot using two spatulas on to a clean tea towel, and give it a tap on the bottom. It should sound hollow.**



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OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.

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