

## Bread with no hands (900g baked loaf)

### For the mix

- 600g flour ( 100% all-purpose flour or a mix of wholegrain/spelt/etc. with some all-purpose flour)\*
- 500 ml lukewarm water
- 2 teaspoons sea salt (12 g)
- 1 teaspoon granulated yeast (7g)
- wooden spoon & spatula
- jena glass or cast-iron pot with a lid (I use a 24cm jena glass one, which gives idea about the level of bottom crust baking)

### Preparation steps

- Sieve the flour in a big bowl. Add the salt, yeast & 1/5 water. Mix well with the wooden spoon. If needed add the remaining water to get a uniform soft to slightly liquid dough mix
- Cover with a kitchen film & make some cuts for the air to circulate. Cover well with a cotton towel & leave it to rest in the kitchen for 22 hours. The outcome is a double size aerated dough mix, filling the bowl
- Dust some flour on the kitchen counter. Dust the towel and your hands too. With the utmost care & no touching pour the dough on the flour-y counter. If needed help the process with the spatula
- With the spatula or the hands, yet very cautiously, make a 2-sided envelope & dust some flour on top
- Move very attentively with the help of the spatula the envelope on the flour-y towel. Wrap it & leave to rest for another 2 hours
- After 1h45m place the pot with the lid in the oven, at 250C. In 15 min. take it out with utmost attention, with hand protectors. Remove the lid with care & pour the dough from the towel, evenly. Cover with the lid & place it in the oven
- Bake for 30 min., take the pot out, remove the lid & place it back in the oven for 10 min to get golden on the top. In case of wholegrain/spelt/other dark & havier flours, bake for 40 min.
- Take the bread out of the oven & leave it on a kitchen metal grid to rest for an hour

This style of bread is both soft & wholesome, with bigger (white flours) or smaller bubbles, & with a delightful tenderly elastic texture. The crust is crispy & delicious. It stays fresh for 3-4 days.

\*100% white flours (a mix of Italian Typo 0/00 or other all-purpose) do great & more airy texture, a 50:50 mix of wholegrain (Italian Typo 1, spelt) & 00 or 70:30 make the bread more compact

