

# One-Day Artisan Bread

## Artisan Bread Video Recipe

Makes one 9-inch Round Loaf

### Ingredients:

- 3/4 cup milk
- 3/4 cup filtered water
- 2 teaspoons active dry yeast
- 2 tablespoons extra-virgin olive oil
- 2 1/4 cups (11 1/4 ounces) unbleached all-purpose flour
- 1/2 cup (2 ounces) stone-ground rye flour
- 1 1/2 teaspoons kosher salt

### Procedure:

1. Combine the milk and water in a medium saucepan. Warm to about 80°F (barely warm to the touch) and pour into a medium bowl. Sprinkle the yeast over the surface of the liquid and whisk gently until it has dissolved. Let the mixture sit for about 3 minutes to activate the yeast.
2. Add the olive oil, flours, and salt. Using a rubber spatula, mix the ingredients by pulling the spatula through the dough and flipping it over to stimulate a kneading motion. Continue mixing and folding for 2 to 3 minutes. The dough will have no more flour pockets and will be quite wet. Cover with plastic wrap and let the dough rise for 2 hours at warm room temperature (75 to 80°F), or until the dough has doubled in size.
3. Lightly sprinkle the top of the dough with flour (this dough is very sticky). Next, do a baker's turn on the dough. Re-cover the bowl with plastic wrap and let the dough rise again at room temperature for two hours.
4. Transfer the dough from the bowl onto a floured work surface and do the final baker's turn - this time on your work surface rather than in the bowl. Invert the loaf so that it's seam side down. Cup your hands around the dough ball, resting the outer portion of your hands on the work surface. Line the mixing bowl with plastic wrap and dust generously with flour to prevent the loaf from sticking. Invert the rounded loaf again and place in the plastic lined bowl. Lightly cover the top with the overhanging plastic. Let rise at room temperature for 1 hour (slightly under proofed.)



5. One hour before baking, preheat the oven to 450°F. Choose to make the bread in a double or standard dutch oven. Place the cast-iron dutch oven, with its lid, inside to preheat.

To bake the bread in a double dutch oven (no handle on the lid), carefully remove the preheated lid and place it upside down on the stovetop. Tip the bowl so that the proofed loaf falls gently out into the lid. Slowly pull back the plastic wrap (the dough may stick here or there). With a sharp paring knife or razor blade, cut a 1/8-inch-deep, 4-inch square shape on the top of the loaf. Being sure to use oven mitts, quickly retrieve the deep part of the dutch oven and cover up the unbaked loaf. (You are basically using the double dutch oven upside down.) Put the whole pot, with the bread inside, into the oven.



To bake the bread in a standard dutch oven (with a handle on the lid); first flip the loaf onto your work surface. Slowly remove the cloth (the dough may stick here or there). With a sharp paring knife or razor blade, cut a 1/8-inch-deep, 4-inch square shape on the top of the loaf. Being sure to use oven mitts, quickly retrieve the dutch oven and remove the lid. Gently place the loaf into the deep part of the dutch oven, being careful not to burn your fingers or forearms on the sides of the hot pan. Cover the pan with the lid and place in the oven.

6. Bake for 30 minutes, then remove the top. Continue baking until the loaf is deep brown and very crusty, about another 20 minutes.

7. If baking in a double dutch oven, transfer the loaf with your hands (using oven mitts) to a wire rack to cool. (If using a standard dutch oven, simply flip the loaf out onto the wire rack.) In both cases the bread should release easily from the pan. As it cools, the crust will soften a bit, and the interior will be very moist. Let the loaf cool completely (about 1 hour) before cutting.

### One- Day Artisan Whole Grain Loaf

Makes One 9-inch Round Loaf

#### Ingredients:

- 1 3/4 cups lukewarm filtered water (about 80°)
- 2 tablespoons amber agave syrup or honey
- 2 teaspoons active dry yeast
- 1 1/4 cups (5 1/2 ounces) unbleached all-purpose flour
- 1 cup (4 ounces) stone-ground whole wheat flour
- 1/2 cup (2 ounces) stone-ground rye flour
- 1 1/2 teaspoons kosher salt

#### Garnish:

- 1/2 cup raw sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup unsulfured apricots, medium dice
- 1 cup warm water

In a medium bowl combine the entire garnish and cover with warm water for 2 hours. Drain off excess liquid and set aside to be added at second turn.

#### Procedure:

1. Combine the water and agave syrup in a large bowl. Sprinkle the yeast over the surface of the liquid and whisk gently until it has dissolved. Let the mixture sit for about 3 minutes to activate the yeast.
2. Add the flours and salt. Using a rubber spatula, mix the ingredients for 2 to 3 minutes by pulling the spatula through the dough and flipping it over to simulate a kneading motion. The dough will have no more flour pockets and will be quite wet. Cover with plastic wrap and let the dough rise for 2 hours at warm room temperature (75° to 80°F), or until the dough has doubled in size.
3. Lightly sprinkle the top of the dough with garnish of soaked seeds and apricots. Do “two” bakers turns at this point. This helps to distribute the garnish and tighten up the wet dough. Note: In the video I did not refrigerate the dough (although you can). Re-cover the bowl with plastic wrap and let the dough rise again at room temperature for another 2 hours.
4. Transfer dough from the bowl onto a floured work surface and do the final baker’s turn- this time on your work surface rather than in the bowl. Invert the loaf so that its seam side is down. Cup hands around the dough ball, resting the outer portion of your hands on the work surface. Line the mixing bowl with plastic wrap and dust generously with flour to prevent the loaf from sticking. Invert the rounded loaf again and place in the plastic lined bowl. Lightly cover the top with the overhanging plastic. Let rise at room temperature for 1 hour (slightly under proofed).
5. One hour before baking, preheat the oven to 450°F. Choose to make the bread in a double or standard dutch oven. Place the cast-iron dutch oven, with its lid, inside to preheat.

To bake the bread in a double dutch oven (no handle on the lid), carefully remove the preheated lid and place it upside down on the stovetop. Tip the bowl so that the proofed loaf falls gently out into the lid. Slowly pull back the plastic (the dough may stick here or there). With a sharp paring knife or razor blade, cut a 1/8-inch-deep, 4-inch square shape on the top of the loaf. Being sure to use oven mitts, quickly retrieve the deep part of the dutch oven and cover up the unbaked loaf. (You are basically using the double dutch oven upside down.) Put the whole pot, with the bread inside, into the oven.



**To bake the bread in a standard dutch oven** (with a handle on the lid); first flip the loaf onto your work surface. Slowly remove the cloth (the dough may stick here or there). With a sharp paring knife or razor blade, cut a 1/8-inch-deep, 4-inch square shape on the top of the loaf. Being sure to use oven mitts, quickly retrieve the dutch oven and remove the lid. Gently place the loaf into the deep part of the dutch oven, being careful not to burn your fingers or forearms on the sides of the hot pan. Cover the pan with the lid and place in the oven.

6. Bake for 30 minutes, then remove the top. Continue baking until the loaf is deep brown and very crusty, about another 20 minutes.

7. If baking in a double dutch oven, transfer the loaf with your hands (using oven mitts) to a wire rack to cool. (If using a standard dutch oven, simply flip the loaf out onto the wire rack.) In both cases the bread should release easily from the pan. Let the loaf cool completely (about 1 hour) before cutting.

**Open face sandwiches with the Fresh made one-day artisan bread:**

Makes 8 open faced sandwiches

**Ingredients:**

- 1 ripe Bartlett Pear
- 1 tablespoon pure olive oil
- 1/4 tablespoon kosher salt
- 1/4 cup pesto
- 8 slices rosemary or black forest ham, thinly sliced
- 4 ounces Cambozola cheese, cut into 8 pieces
- 1 teaspoon apple cider balsamic vinegar
- 1/2 teaspoon Aleppo pepper
- 1/2 loaf One Day Artisan loaf

**Procedure:**

1. Prepare a baking sheet with parchment paper; preheat your oven to 350°.
2. Remove the core of the pear and thinly slice in 1/8 inch pieces. Place in a small bowl and gently toss with olive oil. Lay out in a single layer on the prepared baking sheet. Sprinkle with salt and roast 10 minutes until slightly brown at edges. Let cool.
3. Slice artisan loaf in half (horizontally) and, resting on its cut side, make 1 inch slices. Lay out on serving dish.
4. Spread each slice of bread with 1 teaspoon pesto. Top with 1 slice of ham, cambozola, and 2 to 3 slices of roasted pear. Sprinkle each sandwich with a few drops of vinegar and a dash of Aleppo peppers.  
Enjoy!