

The Loafer's Loaf

INGREDIENTS

- 3 cups all purpose flour
- 1½ teaspoons salt
- ½ teaspoon **instant** yeast
- 1½ cups room temperature water

INSTRUCTIONS

1. In a large mixing bowl, whisk the flour, salt, and yeast together until mixed. Stir in the water until a chunky, thick dough forms. If it needs a little more water you can add a little more, but just enough to get it barely wet throughout. If it looks like a sticky, pasty mess, you've done it just right! Cover your bowl with plastic wrap and let it sit for at least 12 hours. I typically mix it up in the evening and cook it for dinner the next day.
2. When you're ready to bake, preheat the oven to 450. Place a enamel coated cast iron pan in the oven for about 30 minutes to heat. (I have also used non-enameled cast iron with great success.) The dough should have risen in size, be fairly wet and sticky and have little bubbles across the surface. Gently scrape the dough out onto a well-floured surface. (Don't forget ... NO KNEAD.) Gently shape it into a ball with flour on the outside. (I usually use my pastry knife to turn in through the flour a couple of times.) Set the dough on a piece of parchment, and cover with plastic while your pan heats up.
3. Remove the pre-heated pan from the oven then remove the plastic from the dough. Lift the dough and parchment together into the pan so the parchment lines the bottom of the hot pan. This pan is HOT, so be careful not to touch it's sides. Bake, covered, for 30 minutes. Remove the cover and bake another 10-15 minutes. This will form the golden, crusty, beautiful exterior of the loaf. And THAT'S IT! You're done!