



Recipes by Peter

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## NO KNEAD HONEY OAT BREAD!

### Equipment Needed:

A medium size bowl. Some simple kitchen utensils. A Dutch Oven. A regular oven. Oven Mitts.

### Ingredients:

16 OZ Tap Water

½ Teaspoon to 1 ½ Teaspoons of Yeast (Bread machine yeast or rapid rise yeast) \*\*

1 ½ TSP of Salt (I use Sea Salt)

1-2 TBS of Honey

3 ½ Cups of Bread Flour

1 Cup of Oats Plus ¼ Cup of Oats for Garnish Right Before Baking

### Preparing the Dough

Pour the 16 OZ water into the bowl.

Sprinkle ½ Teaspoon of yeast into the bowl on top of the water. With ½ teaspoon of yeast the dough will need to rise 12-18 hours.

Note: If you want the dough to be ready with the first proofing in two hours increase the yeast to 1 ½ teaspoons.

Sprinkle 1 ½ Teaspoons of Salt into the bowl.

Put 1-2 Tablespoons of honey into the bowl. This doesn't have to be exact as the honey is a flavoring agent. 1-2 Tablespoons is fine. With more honey you will have more honey taste in the bread.

Mix all ingredients well with a whisk.

Put the 3 1/2 Cups of bread flour into the bowl. Be sure to scoop and then level off the measuring cup.

Add the 1 cup of oats on top of the flour.

Using the stick end of a spatula stir the flour into the water mixture to hydrate the flour and oats.

Once you have the flour and oats starting to hydrate continue to mix the dough until the dough forms a shaggy ball.

Using the spatula, reach under the dough to bring the dough on top of itself and press down. Do this four times as you turn the bowl. This helps to mix the dough a bit better.

Cover the bowl with plastic wrap and let the bread proof for 12-18 hours on the counter. I usually make the bread dough before bed and it's ready to go the next morning.

If you are using more yeast and want the dough to be finished with its first proofing in two hours you can put the dough in a oven with a proofing feature.

Once the first proofing is completed use the stick end of the spatula and degas the dough. Put the stick end of the spatula in the dough and mix the dough a bit in the motion a stand mixer would make.

### **Turn on the Oven**

Place the Dutch Oven into the regular oven and set the baking temperature to 475 degrees. Turn on the oven. Let the Dutch Oven and regular oven heat up to 475 for 30-45 minutes.

### **While the Oven Heats**

Take a piece of parchment paper and place it on the counter. Sprinkle flour all over the parchment paper. Roll the dough out of the bowl onto the floured parchment paper. The dough will be very sticky. Sprinkle a little flour on the dough and onto your hands.

Fold the dough over itself 4 times grabbing one side and then folding it onto the top of the dough.

If using a round Dutch Oven, make a tight ball with the dough (see video.)

If you are using an oblong baker shape the dough into more of an oblong (slipper) on the parchment paper.

Either way, now using the  $\frac{1}{4}$  cup of oats you can sprinkle the dough with the oats as a decoration.

If using a round Dutch Oven use the parchment paper to pick up and move the dough into the bowl you were using to mix the dough (the bowl needs to be clean obviously).

### **Second Rise**

Cover the dough with plastic wrap and a kitchen towel and let the dough rise for an additional 30 minutes.

### **Baking Time**

Once the Dutch Oven or Oblong Baker has reached 475 degrees in the regular oven take it out and then place the dough into the vessel using the parchment paper as a sling. Cut an X into the round dough so that steam can escape, or make a slice into the center of the oblong dough so the steam can get out.

Move the Dutch Oven to the regular oven using the middle rack.

Close the oven door and let the dough/bread bake at 475 for 30 minutes (covered.)

After 30 minutes of baking take the Dutch Oven/Oblong Baker out of the oven, remove the lid and place the oven back into the regular oven for 10-20 additional minutes, depending upon how dark you want your bread to be. Darker bread means a crispier crust.

Once this last 10-20 minutes have passed you can remove the vessel from the oven.

You can remove the bread from the vessel and let the bread completely cool.

Once the bread has completely cooled you can slice the bread and serve.

If you are putting the bread in the freezer, you can slice the bread, wrapping the bread with foil and then place the wrapped bread into a Ziplock freezer bag.

You can then take out the slices that you need and let the bread come up to room temperature or toast the bread to your liking.

Have any questions? Email me at [peter@cookingwithpeterok@gmail.com](mailto:peter@cookingwithpeterok@gmail.com)