

to healthier, happier you

**you're craving that crispy, warm homemade
Rustic Bread?**

**I'm about to spill the secrets to making right in
your own kitchen**

Let's dive into the simple steps:

INGREDIENTS for 1 Rustic Bread:

Preferment Dough:

320 g of flour (I used all purpose flour)
224 ml of water
2 pinches of instant yeast

Bread Dough:

80 g of flour (I used all purpose flour)
56 ml of water
1/4 tsp of instant yeast
7 g of salt

INSTRUCTIONS:

Add water and 2 pinches of yeast (slightly less than 1/12 tsp) to a bowl, stir to dissolve the yeast in the water. add flour and mix until no dry patches remain, forming a dough. Cover the bowl with cling film and let it ferment overnight for 13-16 hours for best results.

After the 13-16 hours, in another small bowl, mix water, yeast, salt, and flour to form a shaggy dough. Incorporate this dough with the preferment one until smooth and lump-free. Cover the dough and let it rise.

After 45 minutes, perform a "stretch and fold" by pulling and folding the dough on all four sides. Cover and let it rise. After another 45 minutes, flip the dough onto a wet surface, stretch into a rectangle, and fold in thirds from top and bottom. Transfer the dough to a greased container (use olive oil to prevent sticking). Cover and let it rise for another 30 minutes.

Transfer the risen dough to a floured surface and shape into a round or oblong shape. Place the shaped dough in a banneton, loaf pan, or bowl lined with a floured kitchen towel (use gluten-free flour to prevent sticking). Let the dough rise for 50 minutes in a warm environment or 50-60 minutes in a cool environment. After proofing, flip the dough onto parchment paper, dust off excess flour, and score the top.

Place the dough in a preheated oven dish or Dutch oven, cover with the preheated lid, and bake. Preheat the Dutch oven to 250°C (480°F). Carefully transfer the dough into the hot Dutch oven and cover with an oven-safe lid. Bake at 250°C (480°F) for 18 minutes with the lid on. Remove the lid, reduce the temperature to 230°C (450°F), and bake for another 8-12 minutes until the crust is deep golden brown and crispy and ENJOY!