

RUSTIC ROSEMARY WHOLE WHEAT BREAD

Want to learn how to make bread, but don't know where to start? Try your hands at this beautiful, long fermented whole wheat bread, fragrancd with rosemary and black pepper. The best part? No need to knead!

 10 minutes 14 hours 12 slices

INGREDIENTS

- 3 cups warm water
- 2 teaspoons Kosher salt
- 1 1/2 teaspoon active dry yeast
- 2 teaspoons honey
- 4 1/2 cups whole-wheat flour
- 1 teaspoon freshly ground black pepper
- 2 teaspoons dried rosemary (plus more for the top, optional)

COOKING METHOD

- ^{1°} In a large bowl, combine water, salt, yeast, and honey. Add the flour, pepper, and rosemary, and stir to combine. Additional water may be needed if the humidity is low. It should come together in a ball, and not be too sticky.
- ^{2°} Cover the bowl with plastic wrap and let rest on the counter or in a warm space (at least 70 degrees) for at least 12 hours, or up to 24 hours.
- ^{3°} Turn the dough out onto a lightly floured surface, and shape in to a rough ball. If the dough is very loose, you can add more flour, 2 tablespoons at a time until the ball stays together.
- ^{4°} Let the dough rest while the oven preheats at 450 degrees. In the oven, let an ovenproof dutch-style dish or oven-safe pasta pot preheat.
- ^{5°} When the oven is preheated, using hotpads or a towel, pull the baking dish out of the oven. Carefully transfer the dough in to the pot, cover with the lid, and return to the oven.
- ^{6°} Bake, covered, for 30 minutes. Remove cover, and bake for additional 20 minutes, or until a thermometer inserted in to the middle reads at least 205 degrees (Another way to test to see if the bread is done is to give it a gentle "knock" or tap; it should sound hollow). Bread can be served warm or at room temperature.

NUTRITIONAL INFORMATION

	PER 100 g	PER SLICE (92 g)	% DRI
ENERGY	154 kcal	142 kcal	7 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	422 mg	390 mg	16 %
CARBOHYDRATE	33 g	30 g	10 %
SUGARS	1 g	1 g	—
FIBER	5 g	5 g	18 %
PROTEIN	6 g	6 g	—