

# *Favorite Recipes from The Village at Shrewsbury Residents*

## *No Knead Bread*

Submitted by Marlane Helfenbein



### *Ingredients*

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3 cups flour

¼ tsp (yes ¼) instant yeast (OR ½ cup sourdough starter)

1 tsp salt

1½ cups lukewarm water



### *Directions*

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1. Mix everything in large bowl. Cover bowl with plastic wrap and let stand in a warm place for 12 to 20 hours.
2. Dump dough onto floured surface. With floured hands, fold sides under to make a ball, cover with plastic wrap. Dough is soft and kind of wet.
3. Put empty container\* in 450° oven for a half hour. Be sure there is no plastic.
4. Put dough on parchment paper. Seams in dough will probably be on top - that's OK. Place in hot container and cover with lid or foil.
5. Bake covered at 450° for 30 minutes, remove cover and continue to bake for 10 to 15 minutes more until desired brownness.

**\*Container:** Dutch oven, Corningware or a Pyrex casserole, or even insert from crockpot using foil to cover. No plastic!

To the dough, I have added cheddar or Parmesan cheese, raisins and cinnamon, and different herbs. My latest batch is sourdough to which I added chopped rosemary and substituted ¼cup olive oil for ¼ cup of the water. It is my favorite combination from Wegmans, but this is even better!