

12-3-3-6

Bread can be cheap and easy. Find a restaurant supply store, with good high protein bread flour and you can be on your way to an easy life in no time. Quit your job and eat bread! Become an artist, soothe our pain (Make "le pain" go away!). But first the bread.

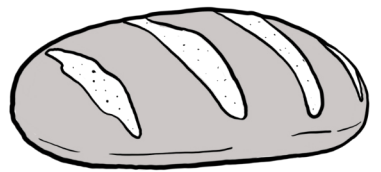
There is a simple mnemonic that allows you to make as much or little bread as you want:

which represents the ratios of a huge batch of dough:

- 12 cups of flour
- 3 tablespoons of yeast
- 3 tablespoons of salt
- 6 cups of water

The Practical Anarchist's Guide to

B.W.B. Basic White... Bread



High Hydration No Knead Bread

By Bunny & Bear

- Ingredients
- 6 cups of flour
 - 1.5 tablespoons of yeast
 - 1.5 tablespoons of salt
 - 3 cups of water
- So lets get down to it!



Ingredients



But wait, that's a tremendous amount of dough. Like, that is a Quebeccois family on Christmas amount of dough. Those numbers are just an easy way to remember the ratios. For making some pizza for a group of friends, 1/2 or 1/3 of that recipe is a better move. So, for about four 12 inch pizzas, I would recommend a 1/2 batch:

Batch size conversion table

Batch size	Flour (cups)	Yeast (Tbs)	Salt (Tbs)	Water (cups)
Full	12	3	3	6
2 / 3	8	2	2	4
1 / 2	6	1.5	1.5	3
1 / 3	4	1	1	2

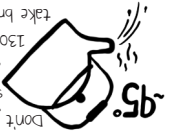
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I sometimes sprinkle a tiny amount of sugar as a sign of respect to the yeast but they don't seem to say much either way. Some people wait for the yeast to foam a small amount. We are mortals though and need to respect our short time on this planet.



2. Add the yeast to the water and give it a good stir.

Don't get too worried about this. Somewhere around 95F is good. It apparently, takes upwards of 130F to kill yeast, so yes, you can take bread yeast hot tubbing!



1. Get some warm water and put it in the bowl.

Mixing

Get yourself a big mixing bowl and a strong fork. That crappy punched metal diner fork isn't going to do it here.



Prep work

Variations

You can use this same dough for making pizza, breadsticks, loaves of bread. This recipe is good for opening the door to other types of bread making.



You can add garlic and tons of herbs on top of the flour before mixing. This can be really good, but don't add the herbs directly to the water as some herbs can stop fermentation.

If you like making carrot juice, the leftover carrot pulp can give an excellent texture to bread without affecting the flour/water ratio very much. I would recommend adding about 1/2 cup of carrot fiber to the 1/2 batch recipe. Interesting, right?



If you are in a rush, an hour in a warm environment can be plenty to have some tasty dinner rolls. Sometimes letting it rise for a few hours and punching it down with the fork can yield a better texture.

5. Let the bowl sit covered for an hour or more.



Rise

If the ratio of water to flour is correct, this stringing process will be pretty easy and straightforward.



4. Carefully stir the salt into the flour and the flour into the water, still using that sturdy fork. If you are using that punched metal fork, you are now bleeding into the dough, yuck.



3. Add the flour on top of the water and then add the salt

Baking



6. Preheat your oven to 400 °F.

7. On a floured surface, take a good handful of dough and roll it into a nice ball.



8. Place dough balls on a baking sheet and bake for approximately 18 minutes.



You can get used to judging the doneness by knocking on the bread. If it is hard and makes a hollow sound, but isn't overly browned, it is approximately good, but you'll want to get used to what you like. Get good butter and impress your friends.