

# Fast Artisan Bread

## Basic Recipe

3 cups of lukewarm water  
1 ½ tble salt  
1 ½ tble yeast  
6 ½ cups of **unbleached, all-purpose white flour**

- 1 Add and mix in order.
- 1 Let rise with a NON - air tight lid

1 Refrigerate overnight or at least 3 hours.

This recipe can be used for any of the following breads.

### Artisan Loaf

›Sprinkle pizza peel with CORN MEAL  
›Cut a grapefruit size lump of dough from batch  
›Make gluten shield  
›Place ball of dough on peel  
›Let rise for 40 minutes  
›After 20 minutes, preheat oven *with pizza stone or pan already in the oven*. A second pan (broiler pan works well) should also heat with the baking stone.  
›After rising, place the dough in the oven  
›Pour 1 cup of water in the second pan. (The steam is important.)  
›Cook for 30 minutes. Keep an eye on it to adjust for your oven temperature.

### Pitta

›Pre-heat oven to 450 F  
›Sprinkle pizza peel with FLOUR  
›Cut a fist size lump of dough from batch  
›Make gluten shield  
›Roll out on peel or bread board  
›Bake for 10 minutes or until it turns brown  
›

### Pizza

›Pre-heat oven to 450 F  
›Prepare other ingredients  
›Cheese  
›Pizza sauce  
›Slice mushrooms  
›Cut up vegetables  
›Meat  
›Make sure oven is hot before you roll the dough. You do NOT want the bread to rise before baking.  
›Sprinkle pizza peel with FLOUR

›Cut an orange size lump of dough from batch  
›Make gluten shield  
›Roll out on peel  
›POKE ALL OVER WITH A FORK  
›Bake 5 minutes  
›Remove and add ingredients  
›Cook until cheese is melted (approximately 10 minutes)  
›

### Breakfast rolls

›Roll out dough in big rectangle  
›Baste with butter  
›Sprinkle with brown sugar, cinnamon and raisons.  
›Roll the dough into a log.  
›Cut into rolls  
›Let rise for 40 minutes  
›Bake for 30 minutes.

### Whole Wheat

3 cups warm water  
1 ½ tble yeast  
1 ½ tble salt  
3 tble olive oil  
3 tble wild flower honey  
4 cups whole wheat flour  
2 ½ cups unbleached, all-purpose white flour

### Paul's Rye

3 cups warm water  
1 ½ tble yeast  
1 ½ tble salt  
2 tble olive oil  
1 ½ tble baking chocolate  
3 tble molasses  
2 cups rye flower  
4 ½ cups all purpose flower  
2 tsp caraway seed (You may sprinkle more on top if the loaf when you are getting ready to bake it.)

Paul Taintor 218-353-7473 [www.taintor.us](http://www.taintor.us)  
Paul@taintor.us

**Artisan Bread in Five Minutes a Day** by Jeff Herzberg and Zoe Francois  
<http://www.artisanbreadinfive.com/>

**Whole Wheat Bread**

5 ½ Whole wheat flour

2 cups white flour

1 tble kosher salt

1 1/2 tble yeast

¼ cup wheat gluten

Mix

Add 4 cups of water

**Let rise once.**

**Chill over night**

Cut a loaf and form with a gluten shield.

**Put on parchment paper.**

Brush with water

Coat with seeds

Slash top with knife.

**Let rise 90 minutes**

bake for 30-35 minutes

Don't forget to add a cup of water to the oven!

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=gPQQHPVkr5o&list=UUrG453LyNmtb2ZmquX2dRFA&index=26&feature=plcp)

[v=gPQQHPVkr5o&list=UUrG453LyNmtb2ZmquX2dRFA&index=26&feature=plcp](http://www.youtube.com/watch?v=gPQQHPVkr5o&list=UUrG453LyNmtb2ZmquX2dRFA&index=26&feature=plcp)