

Kefir Sour Dough No Knead Brown Bread Made Easy

Required Cooking Spanners

You will need:

1. a large bowl
2. a wooden spoon or spatula
3. bread baking tin
4. tsp
5. Tsp
6. measuring cup
7. clingwrap or Clean Dish Towel
8. Cooling Rack

Maybe an oven if you want to bake it?

Polishing Off Tools

1. Bread Board
2. Bread Knife
3. Plate

Maybe an oven if you want to bake it?

Components

This recipe is really quick and easy to make but you will need:

1. 3 Cups Whole Wheat Flour (I mix 2 cups Brown flour with 1 cup Whole Wheat flour)
2. 1.5 - 2 cups warm water
3. 1 cup Kefir Sour Dough (if you don't have Kefir Sour Dough, plain sourdough or 20g dry yeast works)
4. 1 Tsp sugar
5. 1tsp table salt
6. 1Tsp vegetable oil (or butter/marg)

Polishing Off Incidentals

1. Butter
2. Jam/Honey/cheese

Workshop Manual

This is the fun part!

1. Warm & dry your mixing bowl

2. Add dry ingredients to the bowl and mix with spatula
3. Add Kefir Sour Dough
4. Mix until dough comes together. Do not overmix. should not take longer than 5 minutes. (You can use a mixer if you will. It just seems such an effort to clean it afterwards)
5. Cover bowl with clingwrap or clean dish towel
6. Leave in a warm (not hot) place to rise for 40 Min
7. Uncover bowl and knock down the dough with the spatula for 10 - 20 seconds
8. Cover bowl and leave to rise again, for 30 minutes.
9. Knock down again after 30 minutes and place in bread pan.
10. Cover and leave until it rises to the top of the bread pan.
11. Preheat oven to 190 10 minutes before bread has risen completely.
12. Bake for 30 minutes.
13. Remove from oven and place bread on a cooling rack.

HOT TIPS:

1. For a crustier bread, place it back in the oven for 5 minutes once it is removed from the bread pan.
2. For a softer crust, coat crust with a thin layer of Butter or Marg.

Polishing Off

This is the best part. Eat it warm with your favourite butter or top with Jam, Peanut Butter or Cheese.

Another great tip: Bake 2 loaves the first time because you will probably polish one off in minutes 😊.