

Barney's No Knead Wheat & Oat Bread

Made with Olive Oil

To me, this is as close to a fool proof recipe that can be. It is as easy as my regular white bread that does not require kneading. It has only three ingredients ---flour, water and yeast, and notice I do not use salt. This recipe does have a few more things but it comes out really GREAT! This bread is so forgiving. Take it out of the oven a little early, leave it in a little too long --- no problem, it come out GREAT! WOW! Bread making can be really easy if one will just let it be and not attempt to do strange things to it like kneed it.

Seldom do I invent recipes: rather, I take recipes prepared by others which are hopefully proven and change them to be *heart healthy* for me so I can eat them. The only problem with this is I then proceed to over eat (just normal for us gluttons).

The original recipe came from a King Arthur Flour catalogue (www.kingarthorflour.com) which was tempting me to buy something from them. My recipes need to be made with what I have in my kitchen on a regular basis; which is of course, a lot of ingredients and cooking tools.

The original recipe called for butter, but I substituted olive oil. I substituted Splenda Brown Sugar for brown sugar and did not use salt. I changed the water from cool to warm because I want mine to start working immediately. Try mine unless you cannot live without butter and salt.

Ingredients

- 4 cups of bread flour (King Author regular flour is high gluten) .
- 1 cup of whole wheat flour (regular or white).
- 1 & 1/2 cups of rolled oats (NOT THE ONE MINUTE TYPE). Walmart generic oats are an excellent choice but use any brand and your bread will be great.
- 1/3 cup of brown sugar (I use Splenda Brown Sugar , your call).
- 1/4 cup of extra vergine olive oil. I suggest the variety produced in Italy, and don't recommend the varieties from Spain or other countries Fine oil such as Colonna Extra Virgin Olive Oil imparts some extra flavor. The Colonna brand is one of the best in the world, and Williams-Sonoma sells it.
- 2 teaspoons salt (I don't use salt).
- 1/2 teaspoons instant yeast (I use a heaping measure).
- 2 & 1/2 cups of warm --- NOT HOT --- water.

Put all the above ingredients into any bowl or one that works with an electric mixer. You can use your hands, but I think I get a better mix with the electric mixer, and it makes less mess (I

hate cleaning!) If you use an electric mixer, mix the ingredients for several minutes. If you use your hands, work the mixture until you work in all the flour, nothing more.

If too dry, add a few drops of water at a time. If too sticky, add a small amount of flour a little at a time and work the dough.

You can leave the mixture in the bowl to rise overnight or for a minimum of eight to nine hours. I prefer mine to set overnight, but if you want the bread sooner, double the yeast. The bread will not be as chewy but still delicious.

Once mixed and ready for the rising process, I put my dough in an antique stone ware bowl to let it rise. Cover the bowl with Saran Wrap. I place mine in my oven with the oven light on. This makes the temperature stay around 100 degrees in my oven which is a shade warm by the expert's standards, but it is what I like. If you have a warm, draft free place in your kitchen that is not too cool (NOT BELOW 70 DEGREES), leave the dough there, but again, I prefer the warmer, draft free oven.

After the dough has risen, turn it out onto a cotton towel (not Terry Cloth) which is well floured or covered in corn meal and shape it into the loaf shape you want. If it is a sticky, gooey mess, this is fine. Just put cold water on a spoon or wet your hands to move or shape the dough. Don't worry about the shape and let it shape its self.

I bake mine in a Lodge Dutch oven (see www.lodgemfg.com), the old fashion cast Iron type. The wonderful, new ceramic type from Lodge is also GREAT.

Place your dough in a Dutch oven (any type of pan that has a tight cover will probably be OK; remember this bread is very forgiving). Once again, place the dough in a warm, draft free place. Put either flour or corn meal in the Dutch oven before you drop your dough into it because it needs something to keep it from sticking to the oven.

Allow the dough to at least double in size. Then make three slash marks across the top of the dough. Put the Dutch oven into your cold oven, and set the temperature to 450 degrees. Bake for 40 minutes, remove the top, and bake for another 5 to 15 minutes to get the crust color and hardness you want for you loaf.

The experts suggest the inside of the bread to register 210 degrees with an instant read thermometer. I prefer to take mine out at 190-195 degrees --- if I remember to use the thermometer. I do not want it so dry that it chokes me. Normally, I take mine out by the color and "thump process", not the thermometer. Mine seems to keep cooking a little while after I take it from the oven.

WHEN YOU TAKE YOUR FINISHED BREAD FROM THE OVEN, WATCH OUT ----- THE DUTCH OVEN WILL BE REALLY HOT,HOT, HOT, HOT!!!!!!

After the bread is out of the oven, immediately remove the bread from the pan and place it on a wire rack to cool. To decorate the bread, sprinkle some oatmeal on top. I spray mine with bread shine while the loaf is really hot and then sprinkle the oatmeal on top. The bread shine helps the oats to stick better. You can purchase Quick Shine from King Author Flour (www.kingauthorflour.com).

Let your bread rest for ten minutes before you cut it. YUM!!! It is good with butter, jelly or preserves. I use Benecol (www.benecolusa.com) as a butter substitute with homemade pear preserves or homemade pumpkin butter made especially for me and straight from a local Mennonite kitchen...YUM!!!!

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Please, let me know how your bread comes out. It is a need to know for me.....  
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Thanks a lot for your interest in one of my bread recipes.

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