

the new artisan bread in five minutes a day

The new artisan bread in five minutes a day has revolutionized home baking, making it accessible and enjoyable for everyone, from novices to seasoned bakers. This innovative method, created by Jeff Hertzberg and Zoë François, allows you to create delicious artisan bread with minimal time and effort. Gone are the days of spending hours kneading and waiting for dough to rise. With the new artisan bread in five minutes a day, you can enjoy fresh, crusty loaves with just a few minutes of hands-on preparation. In this article, we will explore the principles behind this method, the types of bread you can make, and tips for successful baking.

Understanding the Method

The core idea behind the new artisan bread in five minutes a day is to simplify the bread-making process while maintaining the quality and taste of traditional artisan bread. This method relies on a no-knead technique and the use of a wet dough that can be stored in the refrigerator for up to two weeks.

Key Principles

Several key principles underpin this method:

- 1. Wet Dough:** The dough has a high hydration level, which means it contains more water than traditional bread dough. This hydration allows for gluten development without the need for extensive kneading.
- 2. No-Knead Technique:** By mixing the ingredients thoroughly and allowing the dough to rise naturally, you eliminate the need for laborious kneading. The gluten develops over time, resulting in a chewy, artisan-quality crust.
- 3. Refrigeration:** The dough can be stored in the refrigerator for an extended period, allowing you to bake fresh bread whenever you desire. The cold storage enhances the flavor and texture of the bread.
- 4. Quick Preparation:** The entire process takes just five minutes of active time to mix the ingredients. After that, you only need to shape and bake the bread when you're ready to enjoy it.

The Bread-Making Process

Creating artisan bread in five minutes a day is simple and straightforward. Here's a detailed look at the bread-making process:

Ingredients

To get started, you'll need the following basic ingredients:

- Flour: All-purpose flour or bread flour works well.
- Water: Warm water (about 100°F or 38°C) is ideal for activating the yeast.
- Yeast: Active dry yeast or instant yeast can be used.
- Salt: Essential for flavor and controlling fermentation.

Basic Recipe Steps

1. **Mixing the Dough:** In a large mixing bowl, combine 3 cups of flour, 1 ½ cups of warm water, 1 ½ teaspoons of salt, and ¼ teaspoon of yeast. Stir until the mixture is a homogenous, wet dough. No kneading is necessary.
2. **First Rise:** Cover the bowl with plastic wrap or a kitchen towel and let it rise at room temperature for about 2 hours, until it has doubled in size.
3. **Refrigeration:** After the initial rise, you can use the dough immediately or refrigerate it for up to two weeks. The longer it sits, the more complex the flavors become.
4. **Shaping the Loaf:** When you're ready to bake, dust the surface of the dough with flour, and pull off a grapefruit-sized piece. Gently shape it into a ball without kneading too much.
5. **Second Rise:** Place the shaped dough on a piece of parchment paper, cover it lightly with a towel, and let it rest for about 40 minutes.
6. **Baking:** Preheat your oven to 450°F (230°C). Place a Dutch oven or baking stone inside to heat up. Once preheated, carefully transfer the dough onto the hot surface, cover it with a lid (if using a Dutch oven), and bake for 30 minutes. Remove the lid and bake for an additional 15 minutes for a crispy crust.
7. **Cooling:** Allow the bread to cool on a wire rack before slicing to ensure the best texture.

Varieties of Artisan Bread

The beauty of the new artisan bread in five minutes a day is the ability to experiment with different flavors and ingredients. Here are some popular variations:

1. Whole Wheat Bread

For a healthier option, substitute a portion of the all-purpose flour with whole wheat flour. This adds a nutty flavor and increases the bread's nutritional value.

2. Multigrain Bread

Add seeds like sunflower, sesame, or flaxseed to the dough for added texture and flavor. You can also mix in rolled oats or other grains for a hearty loaf.

3. Herb and Garlic Bread

Incorporate dried herbs or minced garlic into the dough for a fragrant and flavorful bread that pairs well with soups and salads.

4. Sweet Bread

Add sugar or honey, along with spices like cinnamon or nutmeg, to create a sweet breakfast bread. You can also mix in dried fruits like raisins or cranberries.

5. Cheese and Jalapeño Bread

For a savory twist, mix shredded cheese and diced jalapeños into the dough. This bread is perfect for sandwiches or as a side for chili.

Tips for Successful Baking

While the new artisan bread in five minutes a day is designed to be simple, a few tips can help you achieve the best results:

- **Use Quality Ingredients:** High-quality flour, fresh yeast, and clean water make a noticeable difference in flavor and texture.
- **Measure Accurately:** Use weight measurements when possible for precision, especially when it comes to flour.
- **Experiment with Flour Types:** Don't hesitate to try different types of flour, including spelt, rye, or gluten-free options, to achieve unique flavors and textures.
- **Monitor Temperature:** Water that is too hot can kill the yeast, while water that is too cold can slow fermentation. Aim for a warm temperature to encourage active yeast.
- **Practice Patience:** Allow the dough to rise adequately for the best flavor and texture. Resist the urge to rush the process.

Conclusion

The new artisan bread in five minutes a day is not just a baking method; it's

a lifestyle change that empowers individuals to create delicious, homemade bread with ease. By following the simple principles and techniques outlined in this article, you can enjoy the satisfaction of baking artisan bread at home without dedicating hours to the process. With endless possibilities for flavors and variations, you'll never get bored with your bread-making adventures. So gather your ingredients, mix your dough, and start your journey to becoming a home baking enthusiast today!

Frequently Asked Questions

What is 'Artisan Bread in Five Minutes a Day' about?

It's a baking method that allows you to make artisan-style bread quickly and easily, using a simple dough that can be stored in the refrigerator for up to two weeks.

What are the key ingredients for the artisan bread recipe?

The key ingredients typically include flour, water, salt, and yeast. The simplicity of the ingredients is part of the appeal.

How does the 'five minutes a day' concept work?

The concept involves mixing a large batch of dough and allowing it to rise, then you can bake small portions as needed, which only takes about five minutes of hands-on time each day.

Can I customize the artisan bread recipes?

Yes, you can customize the recipes by adding ingredients like herbs, spices, cheese, or nuts to create different flavors and textures.

What types of bread can I make using this method?

You can make a variety of breads including baguettes, boules, and sandwich loaves, as well as specialty breads like focaccia and pizza dough.

Is the artisan bread made using this method suitable for beginners?

Absolutely! The method is designed to be user-friendly and requires minimal baking experience, making it perfect for beginners wanting to explore bread-making.

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