

Making Bread

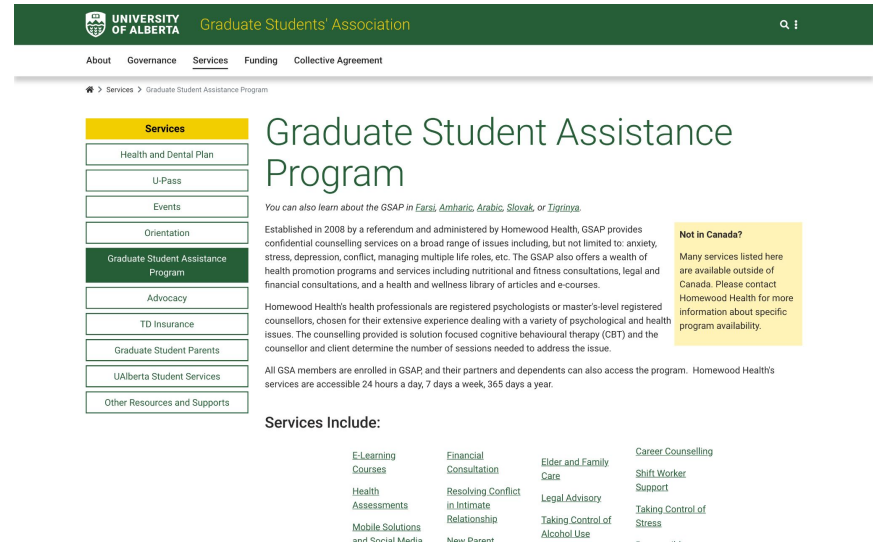
When you just
cannot be bothered

By Eric Graves

So you've decided to make your own bread



A screenshot of a Twitter post from user ellory smith (@ellorysmith). The profile picture shows a young woman with blonde hair. The text of the tweet reads: "if someone you know is getting deeply into making bread from scratch they are deeply depressed I promise you". The tweet is dated 11:18 PM · 25 Nov 19 and was posted using Twitter for iPhone. It has 6,414 Retweets and 62.7K Likes.



A screenshot of the University of Alberta Graduate Students' Association website. The header includes the university logo and the text "Graduate Students' Association". Navigation links include "About", "Governance", "Services", "Funding", and "Collective Agreement". The main content area is titled "Graduate Student Assistance Program" and features a list of services: Health and Dental Plan, U-Pass, Events, Orientation, Graduate Student Assistance Program (highlighted), Advocacy, TD Insurance, Graduate Student Parents, UAlberta Student Services, and Other Resources and Supports. A text block explains that the program was established in 2008 and provides confidential counselling services. A yellow box notes that many services are available outside of Canada. A "Services Include:" section lists various support options such as E-Learning Courses, Financial Consultation, Elder and Family Care, Career Counselling, Health Assessments, Resolving Conflict in Intimate Relationship, Legal Advisory, Shift Worker Support, Mobile Solutions and Social Media, Taking Control of Stress, and New Parent.

<https://www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program.html>

The Recipe

Easy Bread

~30 minutes working time
~8-18 hours total time

Priorities:

1. Low, low effort
2. Delicious end product
3. Extremely low effort

Minimum Equipment

- A large bowl and a small bowl
- Something you can use as a lid
- A Dutch oven

Ingredients

- 3 cups of bread flour
 - $\frac{1}{2}$ cup beer
 - $\frac{3}{4}$ cup water
 - 1 Tbsp vinegar of some sort
 - 1.5 tsp salt
 - $\frac{1}{4}$ tsp yeast
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Step 1:

- Mix dry ingredients (flour, salt, yeast) in large bowl.
- Mix wet ingredients (water, beer, vinegar) in small bowl.
- Pour the wet ingredients into the large bowl, and mix together until it forms a dough.



Step 2:

- Cover the large bowl with some sort of lid.
- Wait **8-16 hours**, depending on room temperature, for the gluten to develop (a method called autolyse).
- Warmer -> less time, colder -> more time.
- Overnight works really well.

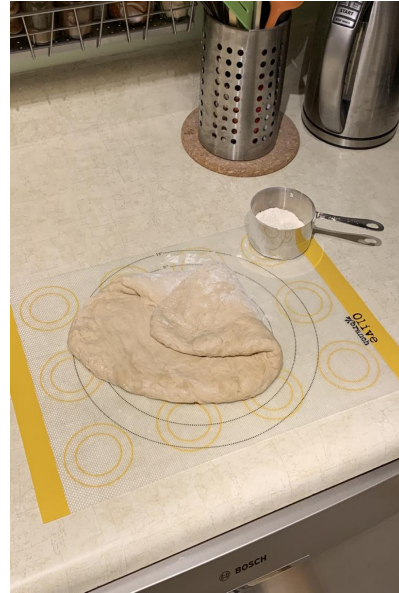




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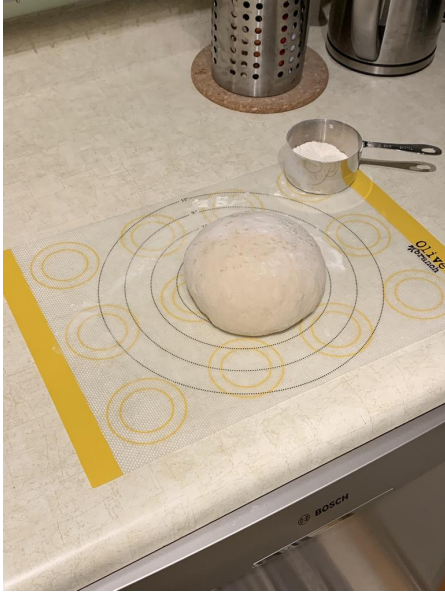


Step 3:



Flatten the dough to get rid of large air bubbles, and form the dough into a ball.

Step 4:



Pinch the seams together, flip it over, roll it around to seal the seams, and put it in the Dutch oven (lid on). Wait for ~1-1.5 hours for the bread to rise (again depending on room temperature)

Step 5:



Score the loaf, put the bread in the oven, turn it to 425°, bake for 45 min, remove lid and bake for 15 min.
Notes: No preheating required! For a softer crust, leave the lid on the whole time.

Step 6:

Remove it from the oven, let the bread cool on a wire rack for ~1-2 hours (it's still cooking inside for a bit), then enjoy!

Any questions?

