

No Knead Ciabatta Bread by Knight Breckinridge

This is an easy, no knead (I don't need the calories) Italian bread.

Mix until dissolved:

2 Cups warm water

2 tsp. yeast

1/2 Tbl. white sugar

2 tsp. salt (I use sea or kosher)

Once dissolved add 4 cups flour (white or wheat depending on your preference).

Stir until completely moist.

Put into a greased bowl, cover about a hour.

Dump onto a floured surface and cut into 2 parts.

Shape the loaves into rounds or oblongs, tuck edges under to help hold the shape.

Set on a baking sheet, sprinkled with corn meal (called 'polenta' in Costa Rica). One can place 1/2 in two greased loaf pans. Cover again, let rise for another hour or so at room temperature until doubled in size. Bake at 425 degrees for 10 minutes, lower heat to 375 degrees for an additional 25-30 minutes.

Freezes very well if there is any left over.