



No-Knead Sandwich Bread

1 ½ cups whole wheat flour
1 ½ cups all-purpose flour
1 teaspoon yeast
½ teaspoon salt
1 ½ – 2 cups cool water
2 Tablespoons olive oil
1 Tablespoon honey

Whisk dry ingredients together in a medium-sized bowl.

In a separate small bowl (or a 2-cup glass measuring cup), stir together 1 1/2 cups cool water, the honey, and the olive oil. Pour over dry ingredients and begin to mix. Depending on how your dough looks (and how dry your climate is), you may need to add a little more water.

After all the ingredients are combined, cover with plastic wrap and set aside. In cold months, you may also cover with a kitchen towel. After 12 to 18 hours, the dough has risen; it's thick and bubbly and does not resemble bread dough.

Turn dough out onto a heavily floured surface and knead it very gently for a minute or so. It will begin to look more like traditional bread dough. Form into a loaf, place into a greased loaf pan, and cover with plastic wrap. Let rise for 30-ish minutes.

Place dough into pre-heated oven and bake for 35 – 40 minutes at 350 degrees, or until the internal temperature is between 190 and 200 degrees.

For best slicing results, let cool a minimum of 4 hours.

