

No-Knead English Muffin Bread



Hot bread for supper? No problem! No kneading, no worries, no trouble at all.

Crestwood reader Carole Splater has a message for 'yeast-a-phobic' cooks. "It's almost a sin that my English Muffin Bread is so easy. We love it, our guests love it, everybody loves it."

And I love it too, ever since Carole e-mailed her recipe last fall.

No bread machine, no stand mixer, no kneading. Just a few ingredients, 15 minutes of attention and two hours later, hot delicious bread emerges from the oven. The crust is great, the crumb is perfect. If this recipe can't resolve someone's insecurities about yeast bread, well, their loss. Really, there is simply no need, ahem, to worry about this no-knead bread.

CAROLE'S TIPS Frugal bread bakers buy yeast at wholesale clubs. It comes in a packet so large it might be characterized as a life-time supply but stored in the freezer, yeast keeps indefinitely. When a recipe calls for a **packet of yeast, just use 2-1/4 teaspoons**. *The bread should be sliced and eaten within 30 minutes of the oven. *Alternatively, let the bread cool, then cut into thick slices and wrap in one or more foil packets. Just before serving, reheat the slices right in the foil at 350F for 12 -15 minutes. Freeze remaining packets for serving another day.

Kitchen Parade is written by second-generation food columnist Alanna Kellogg and features fresh, seasonal dishes for every-day healthful eating and occasional indulgences. Share your favorite 'so easy' recipe via [e-mail](#).

READER RECIPE: ENGLISH MUFFIN BREAD

No knead, no worry
Hands-on time: 15 minutes
Time to table: 2 hours
Serves 8

- 1 packet yeast (2-1/4 teaspoons)
- 1 cup flour, fluffed to aerate before measuring
- 1 tablespoon sugar
- 1/2 teaspoon table salt
- 1-1/4 cup warm (not hot) tap water
- 1-3/4 cups flour, fluffed
- Yellow cornmeal

In a large bowl, combine the yeast, 1 cup flour, sugar, salt and water. With a hand-held mixer, beat on medium speed for 3 minutes. (Time yourself, 3 minutes takes forever with such an easy job.) Add the remaining flour and mix until fully blended. If the dough gets so thick it wants to 'climb' the beaters, stop, remove the beaters, and use a wooden spoon to finish blending. The dough will be thick and heavy.

Grease a 1-1/2 or 2-quart casserole dish and dust with cornmeal. Add dough and arrange evenly (it'll be thick and heavy, this needn't be perfect). Sprinkle with cornmeal.

Cover with a light towel and let rise in a warm place for 30 – 60 minutes, until bread roughly doubles in size. Some time midway, preheat oven to 400F. Remove the towel and bake for 30 – 45 minutes until top is golden. Turn onto a cooling rack.

NUTRITION ESTIMATE Per Serving: 170 Cal; 5g Protein; 0g Tot Fat; 0g Sat Fat; 36g Carb; 1g Fiber; 149mg Sodium; 0mg Cholesterol; Weight Watchers 3 points