

# Bread Recipe

#recipe #food/baking #food/breads #people/Carston Roach# #need to make#  
#needs nutrition info# #2019/January#

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## Ingredients

500 grams unbleached flour

360 grams water

11 grams salt

3/4 teaspoon bread machine or instant yeast

## Process

Mix until smooth; fold, don't knead dough.

Let rise 2-3 hours, fold dough and preheat oven to 500-550 degrees Fahrenheit (highest temp oven allows). Let rise approximately 30 minutes, or until oven is preheated.

Bake in covered, oiled dish for 30 minutes. Remove from dish and bake directly on rack for 5-10 minutes. Spray with water during the final 5 minutes baking.

Can also be used in a cast iron as a pizza dough!