

Dutch Oven Bread

- 480 g flour
- 360 ml water
- 3.2 g dry yeast
- 10 g coarse sea salt
- Vegetable oil or vegetable oil spray
- Olive oil

1. Combine the **flour, water, yeast** and **salt** in the bowl of a stand mixer fitted with a dough hook. Mix on medium speed until the dough is smooth and elastic, **5 to 10 minutes**.

Depending on the size of the bowl, you may need to stop the mixer and remove the dough from the dough hook if the dough is not developing thoroughly. When the dough looks smooth, cut off a piece and stretch it. If it stretches to the point of transparency, it's mixed enough. If not, continue mixing.

2. Remove the bowl from the mixer and cover it with plastic wrap. Allow the dough to rise until it has doubled in size and does not spring back when you push your finger into it, **2 to 4 hours**.
3. Turn the dough out onto a work surface and knead it to release the gas and redistribute the yeast. Shape it roughly into a ball, cover it with a towel, and **let stand for 10 minutes** to allow the gluten to relax.
4. Shape the dough into a tight ball – the tighter the better – by rolling it on the work surface between your palms.
5. Spray or coat the bottom and sides of a large casserole or other heavy ovenproof pot with vegetable oil. Put the dough in the center of the pot and place the lid on. Allow the dough to **rise again, 30 to 60 minutes** (less if it's very hot and humid, more if it's cold).
6. Preheat the oven to **230°C**.
7. Rub **1 T olive oil**, or more if you like, gently over the surface of the dough. Score the bread with a sharp knife or razor, making an X or a hash mark; this will allow the dough to expand freely.
8. Sprinkle the dough with salt.
9. Cover the pot and place it in the oven.
10. **After 30 minutes**, remove the lid, **reduce the oven temperature to 190°C**, and continue baking for **approx. 15 minutes** until the bread is nicely browned and when knocked sounds hollow. It should have an **internal temperature of 90°C** or so when done.
11. Allow the bread to rest on a rack for **at least 30 minutes** so that the interior finishes cooking.



<https://www.lecreuset.co.za/recipes/dutch-oven-bread/>