

Irish Brown Bread (no knead)

- 450 g whole-wheat flour
- 1 tsp kosher salt
- 1 T molasses
- 8 g active dry yeast
- 1 tsp canola oil, for greasing
- 1 T sesame or poppy seeds or a combination (optional)



1. In a large bowl, mix the **flour**, **salt** and **yeast**.
2. Spray a 13x20-cm loaf pan with cooking spray and line the bottom and long sides with parchment paper to create a sling for the bread.
3. Measure **425 ml of tepid water** (38°C), and mix in the **molasses** in a small bowl
4. Pour this into the **flour**.
5. Using your hand or a spoon, mix the flour and the liquid together to make a dough. It'll be too wet to knead.
6. Scrape the dough into the prepared loaf pan. Sprinkle the top with **sesame** or **poppy seeds** or both (optional).
7. Place the pan in a warm place. Pull a dish cloth tight over the top of the pan without letting it touch the dough, and leave the dough to rise until it reaches the top of the pan, **50 minutes**. While the dough rises, heat the oven to **230°C**.
8. When the dough has nearly reached the top of the pan, remove the dish cloth and put the loaf in the oven.
9. **Bake for 25 minutes** or until the top looks nicely browned.
10. Remove the pan from the oven, then tip the loaf out of the pan, running a knife around the outside of the bread to release it if needed.
11. Discard the parchment paper, shake off loose seeds, and return the loaf — upside down — to the oven (without the pan). **Bake for another 10 minutes**, or until the loaf sounds hollow when you tap its bottom.
12. Cool the loaf on a rack for 10 minutes before slicing to enjoy warm. The loaf will keep well-wrapped at room temperature for up to 3 days.

<https://cooking.nytimes.com/recipes/1025153-brown-bread?smid=ck-recipe-iOS-share>