

# No Knead Boule

(ONION SEED AND REGULAR)





Serving : 2 Boule



Time : 1-2 hours

# Ingredients

Whole wheat flour, 3 cups

Salt, as per taste

Yeast, 1/2 teaspoon

Water, hot to touch but not boiling, 250 ml

Olive oil

Onion seeds

# Directions

- In a mixing bowl, take whole wheat flour, salt, and yeast. Mix them. Pour hot water, now with the back of the spoon bring everything together with no lumps.
- Cover with a damp towel and let it sit on the kitchen counter or some warm place at least for 3 hours. More than that is also fine.
- After proofing it, transfer the dough mixture on a surface dusted with flour.



- With the help of a scrapper bring the dough together for a few minutes. Dust flour on it till it becomes workable. Don't knead it.
- Cut it into two halves. Tuck the dough inside to form a ball. It will be little sticky use dry flour to work with it.
- Rest both the balls on parchment paper for 30 minutes. They will rise in size.
- Brush them with olive oil after they have proved.
- Garnish one boule with onion seeds and gently press with hands.
- Score both the bread using a knife, it means make few cuts in the bread so that it stays in shape while baking.
- Bake in a preheated oven for 450 degrees F or 232 degrees C for 30 minutes with a vessel of water in the oven. It will create steam inside the oven and make bread softer.
- Now remove water vessel and bake for another 10-15 minutes till it forms a golden crust on top.
- Let it cool before cutting on room temperature. Cut and serve with your favourite stews or throw it in a salad.



# Notes

- This will give you a little dense result as compared to all-purpose flour bread. You may use solely all-purpose or combination of whole wheat and all-purpose as per your liking.
- Water should be hot to touch but don't use boiling water.
- While putting in oven dust some dry flour on bread. it will give it a nice artisan look.

*Thanks*

