

No Knead Breads for the Agape Meal Evening Prayer Service

Listed below are three recipes to select from for making a loaf of bread that you can share with the members of your household when we hold our **Agape Meal Evening Prayer Service** on August 27. Select the recipe that will work best for you given your time (the one with yeast takes three hours; the other two about 90 minutes), and what kind of ingredients you have on hand, especially what kind of leavening agent you have available, viz yeast or an alternative to yeast listed below. A day or two before baking day, do the following:

Check out your baking equipment. You don't have to have any special equipment. Most of us have an oven proof bowl or casserole that would work great. Or you can use a loaf pan.

Sort through the oven proof bowls you use. Each of the recipes below is meant for using a one-quart oven proof bowl (such as a Pyrex bowl or a small casserole dish. Gauge the size of your bowl by filling it with water; it should hold four cups at the brim. Or you could use a 4 X 8-inch loaf pan that would be perfect for each of these recipes.



Along with the bowl for baking, you will also need a mixing bowl. I like to use my 8-cup measuring bowl, but any mixing bowl of a comparable two-quart size is great. And for each of the recipes that follow you will use a small mixing bowl for combining the liquid ingredients in the recipes. It is also useful to have a rubber spatula, but a spoon will work, as well. It is also useful to have a cooling rack, but that is not essential.



Check out your ingredients. And here is where we can make choices especially about what kind of leavening agent you will use. So let's start there with the three choices.



Simple no-knead yeast bread you will need a packet of **Instant Yeast**. (If you have Active yeast, there is extra step observed below for dissolving and proofing the yeast.) The recipe calls for a rounded teaspoon of yeast. Other ingredients include:

- 2 cups of all-purpose flour
- 1 level teaspoon of sugar
- 1 level teaspoon of salt
- 1 cup of lukewarm water
- 1 tablespoon of softened butter to coat the baking bowl



Beer bread is the second choice. For this you will need a can of **beer** (we'll use a cup of beer for our recipe) and two tablespoons of **baking powder** to make the bread rise. Other ingredients include:

- 2 cups of all-purpose flour
- 2 tablespoons of sugar
- 1 level teaspoon salt
- 2 tablespoons of water
- 1 tablespoon of softened butter to coat the baking bowl and a second tablespoon to brush on top of the bread halfway through baking.



Baking soda bread . For this choice you will need 1 teaspoon of **baking soda** and 1 teaspoon of some kind of acid such as **lemon juice** or a **vinegar** (apple cider or white are best) along with 1 and a half cups of **milk**. Other ingredients include:

- 3 cups of all-purpose flour
- 1 ½ teaspoons of sugar
- ½ teaspoon of salt
- 1 tablespoon of softened butter to coat the baking bowl.

Now its Baking Day

Steps for Simple no-knead yeast bread

1. Whisk together the following dry ingredients in your larger mixing bowl:
 - **2 cups of all-purpose flour**
 - **1 rounded teaspoon of instant yeast** (note alternative directions if you have active yeast rather than instant yeast.
 - **1 level teaspoon of sugar**
 - **1 level teaspoon of salt**
2. Measure **1 cup of lukewarm tap water** in your small mixing bowl. *(If you are using active yeast rather than instant yeast, sprinkle the yeast on top of the water and half of the sugar. This mixture will take about ten minutes for the yeast to activate. You will start to see it bubble and foam up a bit.)*
3. Using your spatula, stir the water into the dry mixture, scraping the sides of the bowl so that all of the flour mixture is incorporated. If there is a lot of dry flour that is not moistened, add just enough to incorporate everything.
4. Cover the large bowl with plastic wrap and let it sit on the counter in a warm place away from a draft for between 1 to 1 ½ hours. It will double in size and appear puffy. The picture on the left is shortly after mixing. Note how it doubles in size with the picture on the right.



While the bread is rising in the mixing bowl:

5. Generously spread a full tablespoon **soft butter** on the bottom and sides of the baking bowl or bread pan. (If your butter is hard, microwave it at 10 per cent power for 1 minute.)
6. Preheat your oven to 425 degrees.

Once the dough has doubled in size in the mixing bowl as pictured above under step 4:

7. Wet your hands or cover them with vegetable oil and gently form the dough into a round ball. This will deflate the dough a bit. And then gently place the dough in your buttered baking dish or loaf pan and cover it again with a piece of plastic wrap for a second rise of about 10 to 20 minutes for the dough to rise again until it crowns the top of the baking bowl or bread pan. When that happens, it is ready for the oven.



8. Bake at 425 degrees for 15 minutes, and then reduce the heat to 375 degrees and continue bakinh for 20 more minutes.
9. When the bread is done, remove it from the baking dish right away. It is great if you have a cooling rack, but that is not crucial; you could also cool it by inverting the loaf in a basket or on a plate.



Steps for Beer Bread

1. Preheat the oven to 350 degrees (Be sure to do this first as this is a quick bread for which you do not need to build in time for the bread to rise.)
2. Whisk together the dry ingredients in your large mixing bowl:
 - **2 cups all-purpose flour**
 - **2 tablespoons baking powder**
 - **2 tablespoons of sugar**
 - **1 teaspoon salt**
3. **Measure a cup of beer in the small** mixing bowl and add a **tablespoon of water** (drink the other four ounces of beer, if you like)
4. Gradually pour the beer and water mixture into the dry ingredient bowl and use your spatula or spoon to combine all of the ingredients. If there is a lot of dry flour on the bottom of your bowl, add a bit more water until all of the flour is incorporated.
5. Let the mix sit for about five minutes for all of the flour mixture to be fully hydrated.
6. Generously spread **1 tablespoon of the butter** on all the surfaces of your baking bowl or loaf pan while the dough is hydrating. Save the *second tablespoon* and melt it for later use, viz. step 8 below
7. Use your rubber spatula (or oiled hands) to transfer the dough to the baking bowl and begin baking for thirty minutes.
8. Use the remaining **tablespoon of melted butter** to brush the top of the loaf.
9. Return the loaf to the oven and bake for another twenty to twenty-five minutes. The loaf should be nicely browned.
10. When the bread is done, remove it from the baking dish right away. It is great if you have a cooling rack, but that is not crucial; you could also cool it by inverting the loaf in a basket or on a plate.

Steps for Baking soda Bread

1. Preheat the oven to 400 degrees (Be sure to do this first as this is a quick bread for which you do not need to build in time for the bread to rise.)
2. Generously spread the **1 tablespoon of the butter** on all the surfaces of your baking bowl or loaf pan
3. Measure **1 ½ cups of milk** in the small mixing bowl and add **1 teaspoon of vinegar** or lemon juice and let this mixture sit for a few minutes while you complete step 3
4. Whisk together the dry ingredients in your large mixing bowl:
 - **3 cups all-purpose flour**
 - **1 teaspoon baking soda**
 - **2 tablespoons of sugar**
 - **1 teaspoon salt**
5. Gradually pour the milk and vinegar/lemon juice mixture into the dry ingredient bowl and use your spatula or spoon to combine all of the ingredients. If there is a lot of dry flour on the bottom of your bowl, add a bit more water until all of the flour is incorporated.
6. Use your rubber spatula (or oiled hands) to transfer the dough to the baking bowl and begin baking for forty minutes.
7. When the bread is done, remove it from the baking dish right away. It is great if you have a cooling rack, but that is not crucial; you could also cool it by inverting the loaf in a basket or on a plate.