



No-Knead, Mango Flour (MF) Artisan Bread

Ingredients:

485 g Bread flour
45 g MF
10 g Dry yeast
10 g Salt
450 g Water

Statistics:

Total weight (g): 1000
Hydration: 84.9%
% MF: 8.5%
% Yeast: 1.0%
% Salt: 1.0%

Yields (2) 500g Loaves

- 1 Mix bread flour, mango flour, yeast, and salt in large mixing bowl
- 2 Add the water then use a spoon to mix until there are no dry flour patches. Don't knead the dough—you want it to be wet and loose
- 3 Loosely cover the container and keep at room temperature for **1 hour**
- 4 After **1 hour**, perform a stretch and fold with the dough in the bowl every **30 minutes** for the next **1.5 hours** (a total of 4 stretch and folds). After the 4th stretch and fold, allow the dough to rest, covered at room temperature for a further **1.5 hours**. This is a total of **4 hours** since the initial mixing
- 5 After those **4 hours**, you can move on to the shaping step or store the dough in the fridge to bake later. You can use the dough anytime within **14 days**
- 6 Once refrigerated, the dough will have shrunk. Do not punch the dough down, as you're trying to retain as much gas as possible
- 7 When you want to bake a loaf, lightly flour a work surface and your hands. Using kitchen shears, cut the desired amount of dough and form into your desired shape. Don't work it too much and don't worry about perfection at this stage. Let the pre-shaped dough rest for **15 minutes** then form the final shape, getting good tension on the outer surface
- 8 Place the shaped loaf in a proofing basket or bowl lined with linen or cotton cloth. Let the dough rest for **30 minutes** if the dough was not refrigerated or **1.5 hours** if it was stored in the fridge
- 9 Preheat the oven to **240° C** for at least **30-45 minutes** with a heavy Dutch oven and lid on a middle rack the entire time
- 10 Turn the dough out onto parchment paper and, if desired, dust the top of the raised loaf with flour, oats, nuts, or all three and use a sharp knife to slash 1/2-inch deep cuts on the top
- 11 Transfer the loaf to the hot pot. You can simply lift the parchment and place the dough, parchment and all, into the pot then place the lid on top. Return the pot to the oven and reduce the temperature to **220° C**
- 12 Remove the lid after **20 minutes** and continue to bake until the crust is browned. Total baking time should be approximately **40 minutes**. All ovens are different so a test batch may be necessary to determine time and temperature. Allow the finished loaf to cool completely on a wire rack before cutting (at least **1 hour**)