

Kefir Bread

Ingredients:

- 2 cups kefir (I don't do low-fat)
- 4 cups all-purpose flour (organic if possible but definitely unbeached)
- 2 Tbsp baking powder (fresh!)
- 2 tsp sea salt

You will need a large Dutch oven with lid and parchment paper.

Instructions

1. In a large mixing bowl (no metal), put in the flour that has been mixed with the baking powder and salt. Make a well in the center and pour in the kefir. Using your hands (or a wooden spatula) mix the flour and kefir, bringing the flour in from the sides and mixing. Keep mixing until the dough is shaggy looking. Don't add additional flour; it should be slightly wet and sticky.
2. Cover the bowl with plastic wrap, making sure it is sealed, place in the fridge. Leave the dough for 6 to 8 hours to ferment and develop flavor.
3. Preheat your oven to 450°F about 20 to 30 minutes before baking. Put the lid on the Dutch oven, place it on a center rack in the oven as it needs to preheat before adding the bread.
4. With wet hands, grab the side of the dough, stretch it up about 6 to 8 inches and fold it over the middle of the dough. Repeat seven more times as you work your way around the dough ball.
5. On a floured surface, turn the dough out, seam side down. Using your hands, rotate the ball of dough and drag it towards you on the floured surface, until you have a tight round ball. Lift the dough ball and place it in the center of a piece of parchment paper.
6. Remove the Dutch oven and place it on a heat-proof surface; remove the lid and set aside. Put 3 to 4 ice cubes in the bottom of the pot, transfer the dough with the parchment into the pot; replace the lid and put in in the oven. Bake for about 30 minutes.
7. Remove from oven, take off lid and return to oven for about 15 minutes or until the bread is nicely browned and sounds hollow when tapped. Set aside to cool: wrap to store.