

How-To Spread Kindness by Sharing a Simple, Delicious Home Baked Loaf of Bread

Did you know that studies have shown that the smell of freshly baked bread causes people to be more kind to one another? So, don't be surprised if you feel compelled to "Share the Loaf" once you baked it. You could share it with your neighbors (it's a great way to meet new people), or you could sign up to be a volunteer baker with our nonprofit organization [BREAD Encounters](#) at breadencounters@gmail.org where everything we do revolves around kindness, bread and community.

The great thing about this bread recipe is that it uses overnight fermentation (big word for just letting it do its thing without any effort on your part) and therefore only requires a minimal amount of yeast. In fact, you can get 9 loaves of bread from one packet of yeast with our method!!! In addition, the long fermentation time (8-14 hours instead of 2-3 hours) gives the proteins (gluten) in the flour a chance to break down (pre-digest) which makes the loaf easier to digest than a loaf baked with a short rising time. And to top it all, it's easy AND delicious! **We are confident that you will produce a loaf just begging for a 'bread encounter' with family and friends!**

Overnight "We Knead Kindness" Loaf (by BREAD Encounters)

Overall time including baking 8-16 hours | Oven Temp 400F | 9x4 loaf pan approx.



Ingredients:

3 cups All purpose (AP) or bread flour (preferably unbleached)
 ½ cup whole grain flour (can substitute with AP flour)
 1¼ tsp salt
 ¼ tsp yeast

12-13 oz cool or room temp water

1. The night before you are planning to bake, add all your dry ingredients to a medium sized bowl and add the 14 oz of water. Mix together to form a shaggy mass, making sure all the flour mix is incorporated. Cover the bowl and let it sit on the counter overnight between 8-14 hours.

2. The next Day: Grease a standard loaf pan

Sprinkle some flour over the top of the very puffy dough (optional but it makes it easier to handle the dough). Stir the dough down gently until it comes away from the side of the bowl, then dump it out onto a well-floured surface. Flatten out the dough with your well-floured hands into a rectangle, then fold in one of the long sides to about 2/3. Follow up with the other side in the same way, overlapping the first fold. Roll the resulting strip up from the short end into a loaf shape and dump it into your prepared pan. *OPTIONAL: Sprinkle with quick cooking or old-fashioned oats for a nicer presentation.* Rise in pan for 1-2 hours.

Bake in pre-heated 400 F oven for 45-50 minutes depending on how dark you like your bread. Let the bread cool in the pan for 10 minutes before removing it from the pan. Let it cool down on a cooling rack, so the bottom does not become soggy.

Share your fresh bread with a companion (cum panis = with whom you share bread)