

How to Make No-Knead Beer Bread



Vegetarian



Vegan



Dairy Free



Popular

READY IN



235 min.

SERVINGS



8

CALORIES



263 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 4.5 cups flour all-purpose divided
- ☐ 1.5 teaspoons salt fine
- ☐ 0.5 cup warm water (100 degrees F or 38 degrees C)

Equipment

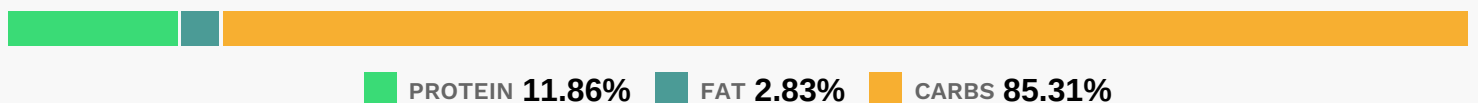
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ spatula

Directions

- ☐ Stir together yeast, 1/2 cup flour and warm water in a large bowl. Cover and let sit in a warm spot for about 30 minutes.
- ☐ Stir beer, remaining flour and salt into the bowl.
- ☐ Mix until all the flour is incorporated and forms a thick sticky dough that pulls away from the sides of the bowl. Cover and let rise in a warm spot for 2 hours, until doubled in size.
- ☐ Scrape all the dough from the bowl with a rubber spatula, and place on a well-floured surface. Generously flour the top of the dough and form into a loaf shape.
- ☐ Sprinkle a baking sheet with cornmeal.
- ☐ Transfer loaf to the baking sheet and sprinkle the top with flour. Cover loosely with a towel and let rise for 30–40 minutes.
- ☐ Preheat the oven to 425 degrees F (220 degrees C).
- ☐ Place a small loaf pan of warm water on a lower rack to humidify the oven.
- ☐ Slash a long slit in the top of the loaf with a sharp knife or razor.
- ☐ Place the baking sheet on the rack above the pan of warm water in the oven.
- ☐ Bake for 35 minutes, until the loaf is golden brown.
- ☐ Transfer to a cooling rack.
- ☐ Let cool completely before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:39.36, Inflammation Score:-5, Nutrition Score:10.397391252949%

Nutrients (% of daily need)

Calories: 262.63kcal (13.13%), Fat: 0.81g (1.24%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 52.63g (19.14%), Sugar: 0.21g (0.23%), Cholesterol: 0mg (0%), Sodium: 438.52mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin B1: 0.62mg (41.32%), Folate: 142.75µg (35.69%), Selenium: 23.96µg (34.23%), Manganese: 0.49mg (24.52%), Vitamin B3: 4.42mg (22.08%), Vitamin B2: 0.37mg (21.87%), Iron: 3.32mg (18.42%), Fiber: 2.17g (8.69%), Phosphorus: 82.47mg (8.25%), Copper: 0.11mg (5.48%), Magnesium: 17.28mg (4.32%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.58mg (3.87%), Potassium: 84.92mg (2.43%), Vitamin B6: 0.05mg (2.35%), Calcium: 11.51mg (1.15%)