

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### No Knead Herb Batter Bread

With this recipe, there is no knead (pun intended) to be intimidated of making bread!

<b>Recipe Name:</b>	No Knead Herb Batter Bread
<b>Recipe By:</b>	Kelly Pearce
<b>Short description of recipe:</b>	This bread is great for sandwiches, served alongside soup, or dipped in balsamic vinegar and olive oil! Simple variations can also be made to the recipe to produce a variety of delicious breads; be sure to check them out at the end of the recipe.
<b>Makes</b>	1 loaf (15-20 slices)
<b>Ingredients:</b>	3 cups all-purpose flour 1 tablespoon sugar 1 teaspoon salt 1 package regular or quick active dry yeast (2 ¼ teaspoons) 1 ¼ cups very warm water (120° to 130°F) 2 tablespoons shortening or softened butter 2 tablespoons chopped fresh or 1 tablespoon of dried parsley 1 ½ teaspoons chopped fresh or ½ teaspoon dried rosemary leaves ½ teaspoon chopped fresh or ¼ teaspoon dried thyme leaves Cooking oil spray
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Grease the bottom and sides of a loaf pan with shortening, butter, or nonstick cooking spray.</li><li>2. Combine 1 ¾ cups of the flour, sugar, salt, and yeast in large bowl. Add the water, shortening or butter, and herbs. Beat with an electric mixer on low speed for 1 minute, scraping the sides of the bowl frequently. Stir in the remaining 1 ¼ cup flour until smooth.</li><li>3. Transfer the batter to the loaf pan and spread evenly in the pan. Pat into a loaf shape with floured hands. Lightly spray the top of the loaf with cooking spray, then cover loosely with plastic wrap. Allow the loaf to rise in a warm place for 40 minutes, or until doubled in size.</li><li>4. Preheat oven to 375°F.</li><li>5. Bake for 40-45 minutes or until loaf sounds hollow when tapped or internal temperature reads 190°F.</li><li>6. Remove from oven and immediately remove the loaf</li></ol>

- from the pan and place on a wire rack.
7. Brush top of loaf with butter; sprinkle with additional chopped herbs if desired. Allow to cool before slicing.

**Variations:**

Higher Fiber: Replace 1 cup of the all-purpose flour with  $\frac{1}{2}$  cup whole wheat flour,  $\frac{1}{4}$  cup flax meal, and  $\frac{1}{4}$  cup wheat germ.

Cinnamon Raisin: Omit herbs and replace with 1  $\frac{1}{2}$  teaspoons of cinnamon. Add 1 cup of raisins and  $\frac{1}{2}$  cup chopped walnuts (optional) to batter before adding in final 1  $\frac{1}{4}$  cups of flour.

Oatmeal-Molasses Bread: Replace sugar with 2 tablespoons of molasses and  $\frac{1}{2}$  cup of all purpose flour with  $\frac{1}{2}$  cup of quick oats.

Garlic Bread: Add 1 teaspoon of garlic powder to herbs and 1 clove of finely minced garlic.

Whole Wheat: Replace 3 cups of all purpose flour with 3 cups of finely milled whole wheat flour.