



# The Preservation Collaborative, Inc.

*Serving all of New England*

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## No Knead Bread

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From *The London and Country Cookbook* by Charles Carter, 1749.

*To make French bread:*

*TAKE a quarter of a peck of flour; three or four eggs; and beat them very well in a porringer with two or three spoonfuls of sugar: mix the eggs and sugar together, and put them into the flour: take a quart of milk lukewarm; put a little salt into it, to give it a savoury taste; a pint and a half of yest: mix the salt and yest together with the milk, put it into the flour, make it up into dough very weak, and put it into a clean cloth till it rises as big again: make it up as large as you please, put it into wooden dishes, and let it rise almost as big as it did before: the oven must be made very warm; and when they are proved, put them into the oven: if it be very hot, let them stand an hour; if not, an hour and a quarter. You must take care to keep the dough, while it is in the cloth or wooden dishes, very warm, covering it with a blanket.*

Modern interpretation:

3 c. all purpose flour  
1 egg, beaten  
1 t. sugar  
1 c. milk  
1 – ½ t. salt  
½ c barm

Barm:

½ c. water  
1 t. quick rising yeast  
1 T. flour

In a large bowl, combine the flour and salt. In a sauce pan, heat milk to 100 degrees F. Remove from heat and mix in the egg, sugar and barm. Add the wet ingredients to the dry and beat together into very sticky dough. Do not knead. Cover with a damp cloth and let rise. Preheat your Dutch oven to 500 degrees. Turn the dough onto a floured surface. Fold in on itself until a tight ball. Sprinkle the inside of your Dutch oven with corn meal, and place the dough folded side down. Cook for about 30 minutes until done and remove to cool.