



## Proverbs 31 – Women's Recipes

Latvian  Singing Bread  
A Rustic Style Bread  
Reverend Leslie D. Nelson

**Makes:** One (1) Loaf  
**Oven:** 450 Degrees  
**Prep Time:** Mixing/Rising: Overnight (12- 18 hours)  
**Baking Time:** 50 Minutes: 30 Minutes Covered and 20 Minutes Uncovered

I begin the process in the late afternoon or early evening for baking the next day.

### Ingredients

3 Cups	Bread Flour (I use unbleached and unbromated flour)
¼ tsp	Instant Yeast (I use a heaping tsp.of yeast)
1 Tblsp.	Salt (If using Kosher salt, use ¾ of a Tblsp. I find that Kosher salt is better, but table salt works fine)
1 & ½ Cups	Lukewarm Water (you might need to add just a smidge more)

### Step 1

In a large bowl combine and gently mix flour, instant yeast, and salt and then add the lukewarm water and mix until it just comes together. I have found a wood spoon works best for the mixing with this dough. It is going to be a messy, shaggy dough – that is okay. Cover the bowl with plastic wrap and let it sit in a nice warm, out of a draft place on the counter for 12 to 20 hours. I actually cover my bowl with the plastic wrap and then with a nice towel.

### Step 2

The next day, check the bread to see if it is wet, sticky and bubbly. This is important that it is bubbly as that is what puts the holes in the dough. Wet your hands or use a wet spatula and dump the dough onto a lightly floured surface. You are not going to knead this dough like you would with a regular bread recipe. The less you handle it the better, the less flour you add to it, the better. Fold the dough over a few times using your wet spatula or hands and shape into a ball shape. Keeping your hands wet keeps the dough from sticking to you.

Lightly dust the bowl you took the dough from and place the ball of dough back into the bowl seam side down. Let the dough rest/rise for two hours until it is double in size.

### **Step 3**

At the 1 & 1/2 hour mark of your dough resting/rising, put your covered five quart or larger cast iron, pyrex, ceramic or enamel pot with lid (make sure your lid can withstand 450 degrees) in a cold oven and preheat the pot and oven to 450 degrees for a ½ hour. This is important as these types of pots and lids need to be able to expand slowly with the heat.

### **Step 4**

Pull your pot from the oven, and dump your wobbly dough into the hot pot. Don't worry about making it be perfect, shake the dough to even it out. Cover the pot and bake at 450 degrees for 30 minutes.

### **Step 5**

At the 30 minute mark, remove the lid and bake bread another 15 to 20 minutes or until the crust is a beautiful warm gold color or 210 degrees inside. I just thump it with my fingers to see if it sounds hollow/mellow (kind of like a watermelon sound). Here comes the fun part.

### **Step 6**

When you take it out of the oven, place it on a cooling rack and listen to the bread. As the crust cracks it begins to sing making all kinds of lovely cracking, whistle noises. It has a lovely light crisp outer crust and a nice moist inside with lots of nooks and crannies in it. You can re-crisp the crust in the oven for 10 minutes at 350 degrees.

This recipe has never failed – and everyone loves it.

**Hints:** In **Step 2**, I add Greek olives, grated Asiago cheese, herbs, garlic, chopped salami, to make a nice specialty bread

If you want the bread to be sweet, add sugar and cinnamon in **Step 1**