

Autumn, Elly, Kateri, Symone

Sustaining Grains

No-Knead Bread Recipe

For our food class, we were challenged with an assignment to create a bread recipe that expressed the characteristics of a District from Suzanne Collins' *Hunger Games*. Our group was randomly assigned District 9, which is ultimately renowned for the grain they produced. Within *The Hunger Games: Tribute Guide*, District 9 is classified as "Panem's bread bowl, giving us the fertile harvest we need to keep rising as a nation." District 9 is recognized as the least spoken of within *The Hunger Games*, and consequently little is known about it aside from the fact that it is populated with many factories, which are probably used for the processing of grain.

Based upon the knowledge we discovered about District 9, our group thought it suitable to create a bread recipe that would reflect a variety of grains to pay tribute to the Grain District. This is why the harvest blend is included in the recipe, in order to include much of the grains that are most certainly harvested in the district. We also wanted our recipe to be simple and able to quickly sustain hunger, as we imagined the Grain District's bread did as well. The shape is iconic too as the roundness resembles the shape of seeds and the color looks like those of golden grains.

STEP 1:

Harvest Grain Blend (Partial Flour Substitute)

Prep Time: 5 minutes

Servings: 3

¼ cup rye flakes

¼ cup wheat flake

¼ cup whole grain oat groats (berries)

¼ cup millet

¼ cup barley flakes (optional)

¼ cup cereal (grain, optional)

⅛ cup flax seed

⅛ cup sesame seed

⅛ cup sunflower seeds

Mix together in a medium sized bowl. This blend will be used to replace 2 tablespoons of each cup of flour used in the bread recipe.

STEP 2:

No-Knead Bread

Total Time: 24 hours

3 cups flour (replace 2Tbsp of each cup with Harvest Blend)

¼ tsp instant yeast

¾ tbsp kosher salt

1 ½ cups lukewarm water

Covered pot (5 quart or larger; one that can withstand 450 degrees F in oven).

1. The night before, mix all ingredients together in a large bowl until dough just comes together. (It will be messy!) **DO NOT FORGET TO REPLACE 2 TBSP OF EACH CUP OF FLOUR WITH THE GRAIN BLEND.** Cover with plastic and let it sit approximately 20 hours on the countertop.
2. Take bread out of the bowl and place on a floured surface. Fold ends of dough over a couple of times to ultimately create a ball shape. (Use wet hands when handling the dough, as it will stick less to your skin). Set out a sheet of parchment paper on the counter, place dough on top, and put the dough and the paper together in a large bowl, covered with a towel. Let it sit for 2 hours. With half an hour left, slip covered pot into oven and preheat to 450 degrees F.
3. The dough should have doubled in size since placing it in the bowl. Take the pot out of the oven and toss the dough inside. Shake to even out the dough and cover with the lid. Bake for 30 minutes. Uncover and bake an additional 15-20 minutes until the outside crust is golden. Remove and cool on a wire rack. Recommended to eat slathered in butter!
4. Enjoy your bread with a little District 9 twist! ☺

*Bread recipe adapted from the website <<http://steamykitchen.com/168-no-knead-bread-revisited.html>>.

**Harvest blend adapted from the website <http://www.yummly.com/recipe/Harvest-Grain-Blend-for-Bread-Food_com-166482>.