



FOCACCIA

Italian Flat Bread



- Ingredients -

300 g wheat flour
 300 g coarse meal
 200 g Manitoba flour
 600 ml lukewarm water
 4 g fresh yeast
 15 g salt
 20 g sugar (or 8 g malt)
 40 g extra virgin olive oil

For the finishing (brine)
 100 g lukewarm water
 100 g extra virgin olive oil
 30 g salt (mixed table salt
 and cooking salt)



4h plus fermenting- 20' baking



Yield 2 focaccias

- Instructions -

- Begin by placing the flour in a large bowl.
- Add a pinch of salt and form a well in the middle.
- Add cold water and 3 tbsp of Ligurian extra virgin olive oil.
- Start mixing the dough with a fork, incorporating the flour, little by little.
- Once the dough has come together, start kneading it with your hands.
- Knead the dough for 10 minutes, until smooth and uniform.
- When the dough is ready, cover it with plastic wrap and let it rest for 1-2 hours at room temperature.
- Then fold a couple of times the dough, place it in a greased bowl, cover it with a lid and put in the lower part of the fridge for 1-2 days. The longer the dough stays in the fridge the better the cell structure of the dough.
- Once the dough has risen, refold it and then let it rest for another 1-2 hours.
- After taking the dough from the fridge, with wet or oiled hands, roll it out on a baking pan, trying to keep it round.
- Preheat the oven at 50° C and place inside the baking pan with the dough to rest for 1 hour.
- Using your fingertips, make the typical focaccia dimples on the dough, cover the dough with the brine and cooking salt.
- Preheat the oven at 250° C and bake the focaccia for about 15-20 minutes, until they turn a golden, light brown colour.
- Place on a wire rack to cool
- Buon appetito!

In Ancient Rome, panis focacius was a flat bread baked on the hearth. The word is derived from the Latin focus meaning 'hearth, place for baking'. The basic recipe is thought to have originated with the Etruscans or ancient Greeks, but today it is widely associated with Ligurian cuisine. Focaccia distinguishes itself from conventional pizza (round, Neapolitan pizza) primarily as its dough uses more leavening, causing the dough to rise significantly higher.

A typical feature of a focaccia is the dimpling on the surface of the bread. These dimples allow olive oil to reach the centre of the bread, creating a moist texture.

After baking, the surface of the focaccia gets slightly crunchy while the inside remains soft. It's quite easy to make but to get a good focaccia the dough must be left to rise three times.