

Basic Focaccia Recipe

This flat bread dates back to Ancient Rome and was originally cooked in the ashes of the fire - 'focus' means hearth or fire in Latin! Before baking, the dough is sprinkled with a topping, such as coarse salt and herbs, and you make little dimples in the surface with your finger.

Makes 1 (13 x 9 Inch) Rectangular Pan, or 3 (10 - 12 Inch) Round Loaves

Ingredients Day 1

5 Cups All-purpose Unbleached Flour
2 Teaspoons Instant Yeast
2 - 3 Tablespoons Extra Virgin Olive Oil (Plus 2 Additional Tablespoons To Oil Bowl)
1 Teaspoon Salt
2 Cups Warm Water

Method:

1. Add everything but the water into a large bowl and stir.
2. Add half the water and stir.
3. Continue to add water until the dough begins to come together into a shaggy ball.
4. Dump the dough mixture onto a lightly floured surface and begin to knead with the heels of your hand.
5. Knead for about 5 minutes, or until the dough is smooth and pliant.
6. Add a little oil (2 tablespoons) to the bottom of a large ziploc bag and place your ball of dough inside. Roll the ball around in the oil, ensuring the sides of the bag, and ball of dough are both lightly oiled.
7. Refrigerate until next day

Ingredients Day 2

2-3 tablespoons olive oil
coarse salt
few sprigs of fresh rosemary

Method:

8. To make a large rectangular focaccia, lightly oil a 13 X 9 inch baking sheet with sides.
9. Dump your risen dough into the pan punching it down to deflate it.
10. Use the tips of your fingers to dimple the entire top of the focaccia.
Drizzle olive oil over the top turning the pan carefully to allow the oil to roll into the indentations.
11. Sprinkle coarse sea salt over the top of your focaccia and then let it sit and rise for another 15 minutes while you preheat your oven to 425 degrees F.
12. Bake for 20 to 25 minutes until golden brown.