

Focaccia

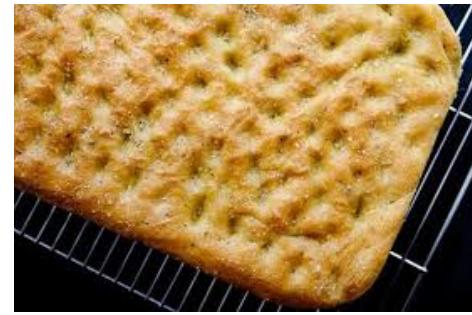
Cuisine: Italian

Food category: Pastry



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 220 °C

1	Injection	5 n	15 s	500 ml
2	Pause		20 s	
3	Hot air	100 %	Termination by time	200 °C 100 % X

Ingredients - number of portions - 1

Name	Value	Unit
fine durum wheat flour	500	g
salt	10	g
dried baker's yeast	2	pcs
olive oil	30	ml
water	400	ml
olive oil	30	ml
sea-salt	1	g

Nutrition and allergens

Allergens: 1

Minerals: Ca, Fe, K, Mg

Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	1805 kJ
Carbohydrate	365 g
Fat	5 g
Protein	60 g
Water	0 g

Directions

Place the flour, salt, yeast, olive oil and 300ml of the water into a large bowl. Gently stir with your hand or a wooden spoon to form a dough, then knead the dough in the bowl for 5 minutes, gradually adding the remaining water.

Stretch the dough by hand in the bowl, tuck the sides into the centre, turn the bowl 90° and repeat the process for about 5 minutes.

Tip the dough onto an oiled work surface and continue kneading for 5 more minutes. Return the dough to the bowl, cover and leave to rise until doubled in size.

Line an enameled GN container with baking paper. Tip the dough out of the bowl and flatten the dough onto the prepared GN, pushing to the corners, cover with a large plastic bag, making sure it does not touch the top of the dough, then leave to prove for one hour.

Preheat the oven to 200° C. Drizzle the loaves with oil, sprinkle with fine sea salt then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil and serve hot or warm.

Recommended accessories



Enameled GN
container