

# FOCACCIA

Makes 1 loaf for 4-6 to share



**A soft, cakey bread product, traditionally seasoned with rosemary and sea-salt**

INGREDIENTS	EQUIPMENT
225g strong plain white flour 1 x 7g sachet easy blend microfine yeast 150ml warm water 2 tablespoons olive oil 3 sprigs rosemary – divided into small leaves extra flour for kneading extra olive oil (about 1 tbsp.) for drizzling and greasing the tray	mixing bowl measuring jug tablespoon wooden spoon flour dredger baking tray cooling tray

## METHOD

1. Put the flour in the mixing bowl. Add the dried yeast and stir.
2. Pour the oil and warm water into the flour. With a wooden spoon, mix to a soft dough.
3. Knead the dough thoroughly until it is smooth and elastic.
4. Heat the oven to 220°C/Gas7.
5. Press the dough out into a 23cm flat round shape and place it on the greased baking tray. Leave to rise for 20 minutes.
6. Make deep indents with your fingertips all over the dough. Drizzle olive oil over the top and push the rosemary in the holes.
7. Bake for approximately 15 minutes until golden-brown then cool on a wire rack.

## RECIPE NOTES AND TIPS

- Eat this on the day it is made, it is best still warm from the oven.
- Rapeseed oil can be used instead of olive oil – it is produced in the UK.
- Traditionally, focaccia has salt crystals sprinkled on the surface before baking – beware how much salt you are eating and try not to exceed 6g per day.

## ALLERGY AWARE

This recipe contains:

- Gluten (flour)

Per 60g slice

<b>ENERGY</b>	784kJ / 186kcal	9%
<b>MED</b> <b>FAT</b>	6.0g	9%
<b>LOW</b> <b>SATURATES</b>	0.9g	5%
<b>LOW</b> <b>SUGARS</b>	0.2g	<1%
<b>LOW</b> <b>SALT</b>	Trace	<1%

% of an adult's reference intake

Typical values per 100g : Energy 1307kJ / 311kcal

## 233 Focaccia

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (60g)
Energy	1307kJ / 311kcal	784kJ / 186kcal
Protein	8.6g	5.1g
Carbohydrate (of which sugars)	45.1g (0.3g)	27.1g (0.2g)
Fat (of which saturates)	10.1g (1.5g)	6.0g (0.9g)
Fibre	2.7g	1.6g
Salt	Trace	Trace