

Focaccia

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 300ml lukewarm water
- 1 teaspoon honey
- 500g plain flour, extra for dusting
- 2 teaspoons dried yeast
- ½ teaspoon salt
- olive oil, for oiling the bowl and brushing the top of the focaccia
- Topping - Seasonal herbs from the garden

Equipment:

- Metric measuring scales, jug and spoons
- Bowl – 1 small, 2 large mixing bowls
- Pastry brush
- 2 clean tea towels
- baking trays 30 x 20 cm
- baking paper
- fork
- chopping board
- knife
- serving platter

Method:

1. Preheat the oven to 200°C.
2. Combine the water and honey in the small bowl, and stir to dissolve the honey.
3. Mix the flour, yeast and salt in a large bowl until well combined. Make a well in the centre of the flour, then pour the water and honey mixture into the well.
4. Stir the dry and wet ingredients together with your hands, mixing to form a heavy dough.
5. Sprinkle a little flour on a dry, clean surface. Tip out the dough and pat all the pieces into a pile. Squash it down and form into a large ball. Knead the dough for 5 minutes.
6. Lightly oil a large bowl and place the dough inside. Cover the bowl with a tea towel and leave for 30 minutes in a warm spot.
7. Line a baking tray with baking paper. Push the centre of the risen dough down, to release the air. Tip the dough onto the baking tray. Spread the dough out into a rectangle shape roughly 30 x 15 cm.
8. Make indentations in the dough using your fingertips (so it is completely covered in indentations), then prick the dough all over with a fork.
9. Brush the dough with olive oil and cover with the seasonal topping you are using and sprinkle with salt.
10. Rest it on the tray for 20 minutes.
11. Bake it in the oven for 20 minutes or until topping is golden brown.
12. Remove from the oven and allow the focaccia to cool. Cut it into slices and place it on a serving platter.