

CLASS 77 MENS CLASS - FOCACCIA BREAD

INGREDIENTS

500g/1 lb strong bread flour
7g dried sachet fast action yeast
2tsp fine sea salt
5tbsp olive oil
1 tsp coarse sea salt

METHOD

1. Tip the flour into a large mixing bowl. Mix the yeast into one side of the flour and the fine salt into the other side. Then mix everything together.
2. Make a well in the middle of the flour and add 2 tbsp oil and 350-400ml lukewarm water, adding it gradually until you have a slightly sticky dough (you may not need all the water). Tip the dough onto a floured work surface and knead for 5-10 minutes until the dough is soft and less sticky. Put the dough into a clean bowl, cover with a tea towel and leave to prove for 1hr until double in size.
3. Oil a rectangle, shallow tin (25x35cm). Tip the dough onto the work surface and stretch it to fill the tin. Cover with a tea towel and leave to prove for another 35-45 minutes.
4. Heat the oven to 220c/200c/gas 7. Press your fingers into the dough to make dimples. Mix together 1 ½ tbsp olive oil, 1 tbsp water and drizzle over the bread. Sprinkle over coarse sea salt.
5. Bake for 20 minutes until golden. Cool on a wire rack.