



MULTI-SEED AND MULTI-CEREAL FOCACCIA

FOCACCIA

DIFFICULTY LEVEL



INGREDIENTS

CEREAL PLUS 50%
FLOUR
WATER
OLIVE OIL
FRESH YEAST

g 1.000
g 1.000
g 1.100
g 80
g 25

PREPARATION

Knead CEREAL PLUS 50%, flour, water and yeast in a kneading machine at low speed for about 5 minutes and at medium speed for about 7 minutes.

Pour the oil and keep on kneading until the dough is well-combined and smooth.

Portion the dough out (1400g for each 60x40cm baking pan), cover with plastic sheets and let rest for about 30 minutes at room temperature.

Lay the dough onto oiled baking pan and turn it upside down so that the oil sticks on both sides and spread the dough onto about half the surface of the pan.

Put in the proofer room at 28-30°C, with the 70-80% of relative humidity, for about 15-20 minutes.

Then, spread the dough onto the whole surface of the pan and sprinkle about 50g of brine onto the whole surface of the dough.

Return to the proofer room for about 15 minutes.

Now, use your fingertips to create some small cavities, one close to each other, and return to the proofer room for another 30 minutes.

BRINE

INGREDIENTS

SALT	g 50
WATER	g 1000

PREPARATION

Dissolve the salt in the water.

FINISHING

INGREDIENTS

OLIVE OIL	To Taste
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FINAL COMPOSITION

Drizzle the whole surface with about 60g of oil and 200g of brine.

Bake at 240°C for 20-25 minutes in a deck oven.

Out of the oven, turn the focaccia upside down in the tray for a few minutes.