



Whole Wheat Focaccia

Yield: one dinner-plate sized loaf

Preparation Time: 1 ½ hours including rising time

Cooking Time: 25 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 1 Tbsp (15mL) dry yeast • 300mL lukewarm water • 1 tsp (5mL) salt • 1 ½ cups (375mL) all-purpose flour • 1 cup (250mL) whole wheat flour • 2 tsp (10mL) olive oil • 1 tsp (5mL) coarse sea salt, to sprinkle on top • 1 Tbsp (15mL) fresh rosemary needles, to sprinkle on top • ¼ cup (50mL) freshly grated parmesan cheese, to sprinkle on top • Cornmeal, to sprinkle on the baking tray • Extra flour, when working with dough 	<ul style="list-style-type: none"> • Large mixing bowl • Liquid measuring cup • Measuring cups and spoons • Rubber spatulas • Pastry scraper • Plastic wrap • Baking sheet with edges • Metal spatula • Cooling rack • Cutting board • Bread knife

Method:

1. Add the yeast to 300mL lukewarm water. Stir around to combine and soften the yeast.
2. Measure the flours and put in a large bowl. Sprinkle salt over top of the flour. Mix together. Make a well in the centre of the dry ingredients.
3. Pour the yeast and water in the well. Be sure you get all of the yeast.

4. Mix well with one hand. Stretching and pulling the dough. The dough will be quite sticky.
5. Lightly flour your work area and scrape the dough from the bowl onto it. With floured hands, knead the dough gently by pushing the dough away from you, then scooping it up and bringing it forward. The dough may stick so use a pastry scraper to help lift the dough. Flour your hands and work area as needed. Knead gently for about two minutes.
6. Wash out your mixing bowl then rub a few drops of olive oil over the bottom of the bowl. Put the dough in the bowl and rub a few drops of oil on top of the dough. Cover the bowl with plastic wrap or a clean tea towel and place in a warm spot for about an hour, until doubled in size.
7. Preheat the oven to 220 C (425 F). Generously sprinkle cornmeal over a baking sheet (or cover with parchment paper).
8. Get the olive oil. Sea salt and rosemary ready. Pick the needles from the rosemary stem and rip them up.
9. When the dough has risen, pour the dough out onto the baking sheet and pat into an oval shape. The dough will be sticky so rub your fingers with olive oil and pat and stretch the dough with flat fingers. Stretch the dough to about the size of a large dinner plate.
10. Evenly spread the olive oil over the top of the focaccia.
11. Sprinkle the top of the dough with coarse salt then with the rosemary needles.
12. Dimple the dough with the tips of your fingers, then sprinkle the Parmesan cheese over the top of the dough.
13. Cover the dough with plastic wrap and let it rise for 15 minutes.
14. Bake the focaccia in the preheated oven for 25 minutes, until golden.
15. Remove from the oven when baked and remove from the pan to a cooling rack. Let it cool for a few minutes.
16. Cut and serve warm.