

Focaccia

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: seasonal herbs, fruit and vegetables

This recipe provides a tactile experience, using fingers to create indents before baking. You can top the focaccia with seasonal herbs, fruit and vegetables from the garden.

Equipment:

metric measuring scales,
jug and spoons
bowl – 1 small, 2 large
mixing spoon
pastry brush
2 clean tea towels
baking tray 30 × 20 cm
baking paper
fork
baking paper
chopping board
cook's knife
serving platter

Ingredients:

300 ml lukewarm water
1 tsp honey
500 g plain white or bread flour, plus extra
for dusting
2 tsp dried yeast
½ tsp salt
olive oil, for oiling the bowl and brushing
the top of the focaccia

What to do:

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 any seasonal toppings you are using. Rest it on the tray for 20 minutes. Bake it in the oven for 20 minutes or until toppings are golden brown.
10. Remove baking trays from the oven and allow the focaccia to cool. Cut it into slices and place it on a serving platter.

