



Geschmack & Technologie

Focaccia dough

Recipe number:

ER2500768

Raw material:

0.40 kg Water approx. 30°C
0.03 kg Extra virgin olive oil
1.00 kg flour, Type 550
0.00 kg dry yeast

Spices & processing aids:

0.01 kg Meersalz VLOG 910236

068803

Processing sequence:

The day before

Mix the flour, salt, sugar and yeast in a large bowl. Add the water and olive oil and stir with a wooden spoon until there are no dry spots left. Cover and let rest for 15 minutes.

With wet hands, pull the dough tightly upwards from one side and fold it into the middle. Repeat about 8–12 times, turning the bowl so that all the dough is folded. Then turn the dough over, cover and leave to rest for 45 minutes.

Repeat the whole process three times. After the second and third times, leave to rest for only about 15 minutes. After the last fold, the dough should feel relatively firm.

Cover the dough and leave it to rise in a warm place at an ambient temperature of around +21 °C until it has almost doubled in size.

Lightly brush a fireproof dish measuring approx. 35 × 25 cm with olive oil. Carefully place the risen dough into the dish. Fold it in half from the top and bottom, then turn it over so that the dough is covered with a little oil on all sides. The dough will 'flow' into the tin as it rises, so there is no need to stretch it. Cover the tin with a suitable lid, a chopping board or cling film and leave to rest in the fridge for 12–48 hours.

On baking day

Remove the dough from the refrigerator about 4–6 hours before baking and allow to warm to room temperature.

Preheat the oven to 240 °C.

Carefully press indentations into the dough with lightly oiled fingers. Top with a little more olive oil and coarse salt.

Coarse salt

Bake the focaccia in the lower third of the oven for 20 minutes, then move the tray to the upper third and bake for another 2–4 minutes until the surface is nicely browned.

Allow to cool slightly before cutting.

Ingredients:

Mehl (WHEAT), water, cooking oil, sea salt, yeast

Nutrition declaration:

energy value	1.075kJ
energy value	254kcal
fat	2,3g
saturates	0,3g
carbohydrate	50,2g
sugar	0,5g
polyols	0,0g
protein	7,1g
sodium	0,3g
salt	0,8g



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