



MINI FOCACCIA



Equipment : Bowl, measuring jug, palette knife, baking tray, greaseproof paper and cling film.

Ingredients

100g strong plain flour
 1 tsp yeast
 ½ tsp salt
 1tsp pf garlic powder
 1 tbsp oil
 50ml of hand hot water
 Rock salt
 Olive oil

Optional –
 Rosemary sprigs
 Black olives
 Sundried tomatoes

Nutrition
 Flour- carbohydrate and fibre
 Garlic- Vitamin B6 and C

Modifications for a healthier diet
 No garlic butter. Use wholemeal flour. Add vegetables on top.

Ingredients
 Yeast- makes it rise
 Salt and garlic- flavour.

Method

- 1 Preheat** oven to 180°C.
- 2 Add** yeast, salt and a twist of oil.
- 3 Measure** 50ml of hand hot water and slowly add until it forms a slightly sticky dough (but it should not coat your hands in dough)
- 4 Put** oil on hands and knead (pull, back and turn) for 10 minutes until the dough is smooth, soft and elastic.
- 5 Divide** into 2 even pieces.
- 6 Shape and flatten** into a circle, add your chosen ingredients and place on top of the bread. Press your fingers into the dough. Put onto a baking tray and sprinkle with rock salt.
- 7 Cover** with cling film and leave to rise in a warm area for 15 minutes.
- 8 Bake** for 10-15 minutes until browned in the oven.
- 9 Pour** on a little more olive oil to complete the bread.

Ethical/ Environmental
 Organic flour and oil