

Focaccia bread *(Pizza & friends)*



Preparation

Mix the flour with the baking powder, salt and enough water and then knead until you have a standard bread dough. Let it rise for at least three hours covered by a towel; then spread it out in a rectangular baking tray, greased with a little oil, and then squeeze the surface of the dough with your fingers to form small dimples. Prepare an emulsion with coarse salt, a little water, olive oil, and fennel seeds to taste and brush the cake. Bake in a hot oven (200 °C) for about twenty minutes.

Tips

The cake should be stretched and worked exclusively with the fingertips. Before baking take care to grease it with the best extra virgin olive oil that you can find, and sprinkle generously with coarse salt.

Trivia

The Genoese have exported their focaccia practically all over the world, but there is a country where it has been assimilated perfectly: Argentina. Here, the Genoese immigrants in the early years of the twentieth century opened their first bakeries, and even today many of these bakeries still bear the simple name 'Fugassa' on their shop sign, a term of Genoese dialect which even appears in dictionaries. Going a little further back in time, you might be interested to know that during the Renaissance guests used to enjoy a piece of cake in the church at weddings. This gesture was considered a good omen: focaccia offered good luck for a happy and fruitful marriage.

Information

Preparation 200 minutes

Total Time 20 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Italian 00 flour 500 grams

Brewer's yeast 25 grams

Extra virgin olive oil 100 millilitres

Water

Salt