

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 7g instant yeast
- 175ml lukewarm water
- 250g strong white bread flour, plus extra for dusting
- 2 tsp salt
- Dried breadcrumbs, for sprinkling

For the topping

- 1 tbsp extra virgin olive oil, plus extra for drizzle
- 2 garlic cloves, finely chopped/ crush
- 2 rosemary branches, finely chopped
- 1 tsp sea salt
- freshly ground black pepper

Equipment

- Mixing bowls, Scrap bowl, sieve
- Tablespoon, Teaspoon, Fork
- Table knife, palette knife
- Rolling pin
- Measuring jug, Weighing scales
- Garlic crusher
- Baking tray, Cooling rack
- Flour dredger



Garlic and Rosemary Focaccia Bread



Ingredients

- 7g instant yeast
- 175ml lukewarm water
- 250g strong white bread flour, plus extra for dusting
- 2 tsp salt
- Dried breadcrumbs, for sprinkling

For the topping

- 1 tbsp extra virgin olive oil, plus extra for drizzling
- 2 garlic cloves, finely chopped/ crush
- 2 rosemary branches, finely chopped
- 1 tsp sea salt
- freshly ground black pepper

Method

Preheat the oven to 220C.

1. Dissolve the yeast in the warm water.
2. Sift the flour into large mixing bowl and add the salt.
3. Add the yeast mixture and mix to form a soft dough.
4. Lightly flour the work surface and knead well for 5 minutes until smooth and elastic.
5. Rest dough for 5 minutes
6. Roll out the dough on a lightly floured work surface into a rectangular shape.
7. Sprinkle the baking tray with breadcrumbs.
8. Place the dough onto the baking tray and pour the extra virgin olive oil in the middle. Spread the oil all over and leave for 5 minutes
9. Poke the dough all over with your fingers to make indentations. Sprinkle the garlic, rosemary, salt and a little black pepper over the top.
10. Cover with a cloth and leave to rest in a warm place for 20 minutes, or until doubled in size.
11. Bake for about 15 minutes until evenly golden-brown.
12. Remove and immediately drizzle a little extra virgin olive oil all over.
13. Leave to cool, then cut into squares