

Sourdough Focaccia Rustico



Nutrition Content per 100 g

Calories	300 kcal
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	54 g
Dietary Fiber	2 g
Sugars	6 g
Protein	10 g
Calcium	77 mg
Magnesium	25 mg
Phosphorus	148 mg
Potassium	180 mg
Sodium	890 mg
Iron	1 mg
Vitamin A	93 IU
Vitamin C	0 mg

Ingredients	Grams	Baker's %	% Weight
Sponge Recipe			
Sourdough starter*	454	66.67	26.32
Milk, nonfat liquid	409	60.00	23.68
Flour, bread, strong	227	33.33	13.16
Malt, liquid or dry	14	2.00	0.79

Dough Recipe			
Sponge (from above)	1104	162.1	63.95
Flour, bread, medium	454	66.67	26.32
Oil, olive	45	6.67	2.63
Whey protein concentrate, 34% protein (WPC 34)	27	4.00	1.58
Sugar	23	3.33	1.32
Water, room temperature	23	3.33	1.32
Whey permeate	20	3.00	1.18
Malt, liquid or dry	14	2.00	0.79
Salt	14	2.00	0.79
Yeast, gold (optional)	2	0.33	0.12
Oil, olive	as needed	as needed	as needed
Salt, Kosher	as needed	as needed	as needed

* Can be used from the refrigerator

Procedure

1. Place all sponge ingredients in a bowl of a mixer fitted with paddle attachment; mix for 3 minutes.
2. Pour into a large loosely covered container. Let sponge ferment at room temperature until the sponge just starts to "die back" which will take from 4-12 hours depending on the weather conditions and temperature.
3. In a large mixing bowl fitted with a dough hook, pour in the sponge and all dough ingredients except the salt and olive oil. Mix for 5 minutes.
4. Add salt and continue mixing for 1 minute.
5. Add olive oil. Break dough into pieces in bowl to help incorporate oil during mixing. Start mixing. As soon as dough and oil start coming together, start timer for 3-4 minutes and mix until good gluten is formed.
6. Pull dough from bowl. Do not round dough. Place in a plastic bag, let rest at room temperature for 1 hour.
7. Divide dough into 590 g (1.3 lb) pieces, mold into round balls, cover and let rest for 20-30 minutes or until well relaxed.
8. Flatten balls into large discs approximately 2.5 cm (1") thickness.

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Procedure *(con't)*

9. Place on well oiled, cornmeal or parchment-lined baking sheet.
10. Brush or rub olive oil all over the top surface of the dough.
11. Using the knuckle of your index finger, make deep indentations in a circle approximately 5 cm (2") from the outside edge, 8-9 times in the dough creating a design.
12. Place any toppings (listed) desired on the dough in a pleasing design.
13. Sprinkle kosher salt lightly on top of focaccia.
14. Place focaccia in proof box for 1-3 hours, depending on crumb structure desired.
15. Using a pizza peel, remove the dough rounds from the baking sheet and place the focaccia directly on hearth of a 190°C (375°F) brick-lined oven, and bake until dark golden brown. OR In a conventional oven, place sheet pans (with two focaccia per pan) in a hot 190°C (375°F) oven for 10 minutes, then turn the oven down to 163°C (325°F) until light golden brown.
16. Cool to room temperature before packaging.

Note: A pinch or two of rye flour or wheat bran added to the white flour when weighing out the flour for the sponge will give a slight texture difference that is more in keeping with the flour used in the south of Italy, which is more rustic and has the bran intact.

Toppings- any or all:

- Olive oil (always)
- Sliced, peeled tomatoes
- Olives, pureed, sliced or whole, Greek, black or green
- Onions, chopped, diced or rings
- Salt, Kosher-style flaked (almost always)
- Basil
- Rosemary
- Oregano
- Thyme
- Garlic