

LEVEL: ADVANCED

MAKES 2

FOCACCIA LOAVES

FOCACCIA WITH MIXED SEEDS

Italian-Mediterranean cuisine is one of the biggest influences on new Israeli cuisine. Focaccia, a type of traditional Italian bread, has been eagerly adopted in a region where baked flat-breads are common. Instead of adding olives and sundried tomatoes, though, Israeli chefs have gone for their own tasty interpretations, as you will see on this page and the next.

INGREDIENTS

Dough

⅓ oz. (10 g) fresh yeast

1 tbsp. honey

1½ cups (350 ml) cold water

14 oz. (400 g) white flour

4 oz. (100 g) whole-wheat flour

1 tbsp. salt

2 tbsp. extra virgin olive oil

Topping

½ cup (75 g) untoasted

sesame seeds

½ cup (70 g) sunflower seeds

½ cup (65 g) pumpkin seeds

½ tsp. coarse salt

DIRECTIONS

Combine yeast, honey, ¾ of the amount of water, white and whole-wheat flours, and salt in the bowl of a stand mixer. Using the dough hook, knead for 3 minutes at low speed until a ball of dough forms.

Add the olive oil and knead at medium speed for another 7 minutes. While kneading, gradually add the rest of the water until it is completely absorbed. If you do not have a stand mixer with a dough hook, knead by hand until a ball of dough forms, add the olive oil, and then knead again for 8 minutes, until the dough becomes smooth and homogenous.

Place the ball of dough in a well-greased bowl and cover with plastic wrap.

Let the dough rest until double in size.

On a slightly greased work surface, divide the dough into two equal pieces.

Roll out a 12 × 6 in. (30 × 15 cm) rectangle from each piece.

Line a baking tray with baking paper and place the dough rectangles on it.

Mix the topping ingredients together. Sprinkle a quarter of the topping on each rectangle, press it down into the dough, turn the dough around, and sprinkle another quarter on the other side.

When you are done, both sides of each focaccia loaf should be covered with seeds.

Let the dough rise for 1 hour.

Preheat oven to 480°F (250°C).

Bake the focaccia loaves for 20 minutes, until golden brown.

Allow to cool for 10 minutes before serving.

