



MEDITERRANEAN ROMAN FOCACCIA

👤 Intermediate level

Mediterranean flavour Roman focaccia

DOUGH

INGREDIENTS

SFIZIO CROCK

GRAN MEDITERRANEO - (media forza - 200/220 W)

salt

fresh yeast

extra virgin olive oil

water

PREPARATION

1.000g **Procedure (spiral mixer):**

1.000g -Knead all the ingredients adding 1 liter of water, once the dough is mixed for 3-4 minutes on second speed. Add the remaining water in 3-4 times paying attention that it is completely absorbed before each addition.

10g

30g

30g

1.500g

-Place the dough in a storage previously greased with oil and let it rest for 45 minutes at 25°C.

-Overturn the storage on a well-floured table and scale.

-Shape the dough into ovals.

-Place the pieces into stackable boxes previously greased with oil and let it rest at 28°C for 2 hours.

-Place upside down the dough on a table floured with durum wheat semolina and spread it over the surface of the dough as well.

-Press with the fingers to stretch the piece.

-Place the focaccia on the shovel, remove the exceeding flour and sprinkle with extra vergin olive oil and salt. Put in the oven.

-Bake for 7-9 minutes at 250-270°C until it reaches a golden brown.

-It is possible to proceed with a precooking of the basis: bake at 250-270°C for 5-6 minutes, let it cool down, pack the basis into storages or plastic bags to maintain the humidity and store in the fridge up to 3 days.

-To the needs, bake at 260°C for 3-4 minutes unti it reaches a golden brown colour.

Final composition

PROPOSALS OF FILLINGS:

Fresh:

- Cubes of tomatoes, cured ham, buffalo mozzarella, extra vergin olive oil, fresh basil

- Speck, taleggio, sautéed mushrooms

- Cubes of tomatoes, bresaola, goat cheese, rocket.

For the cold ingredients proceed with the baking of the focaccia following the indicated method, let it cool down and then stuff without any other step in the oven.

Warm:

- Mozzarella, mortadella, emmenthal and pistachio oil

- Mozzarella, ham, cherry tomatoes

- Mozzarella, grilled vegetables, balsamic vinegar glaze

For the warm ingredients proceed with the baking of the focaccia, fresh from the oven spread over the surface the mozzarella and place again in the oven for 1 minute to let it melt. Chorn out the focaccia and add all the other ingredients.