



# MEDITERRANEAN ROMAN FOCACCIA

Mediterranean flavour Roman focaccia

**DIFFICULTY LEVEL**



## DOUGH

### INGREDIENTS

SFIZIO CROCK	g 1.000
GRAN MEDITERRANEO - MEDIUM STRENGTH - 200/220W	g 1.000
SALT	g 10
FRESH YEAST	g 30
EXTRA VIRGIN OLIVE OIL	g 30
WATER - THE DOSE OF WATER VARIES DEPENDING ON THE ABSORPTION CAPACITY OF THE FLOUR YOU USE	g 1.500

### PREPARATION

#### Procedure (spiral mixer):

- 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.
- 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 until 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.



RECIPE CREATED FOR YOU BY **MARCO DE GRADA**

PASTRY CHEF, CHOCOLATIER AND BAKER

### AMBASSADOR'S TIPS

With SFIZIO CROCK, it is possible to personalize your own roman focaccia. White bread flour can be replaced either by durum wheat flour or by whole wheat flour, using the same recipe, or you can choose to replace it with one of our bread mixes such as KORN FIT, CURCUBREAD, VITAM AIS, GRAN RUSTICO and GRAN MEDITERRANEO, but in this case you have to add just 10g of salt instead of 30g.