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Focaccia Bread Art

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**Forsyth
County
Government**



History

- **Pronounced: Fu-KA-Chuh**
- **Latin: 'focus' -dough baked over hot stones, fires, ashes**
- **Flatbread - Etruscans, Greeks, Egyptians, tribes of The Levant**
- **It is distinctly Italian - Genovese**
 - **Not Pizza**
 - **2000 yrs older**
- **Fugassa: "Bread" - Capital of Liguria**
 - **flour, water, beer yeast and is cooked in olive oil**
- **Eaten at breakfast, snack, always warm, a substitute for bread**
- **An authentic Mediterranean fast-food**



Nutrients

Focaccia Bread

verywell

- ✓ Excellent Source of Phosphorus
- ✓ Excellent Source of Selenium
- ✓ Excellent Source of Thiamin
- ✓ Excellent Source of Niacin
- ✓ Excellent Source of Folate
- ✓ Cholesterol-Free

Focaccia bread is a good source of dietary fats, as the majority of its fat comes from monounsaturated fats

1 piece (57 g)

20.4g
CARBS

320mg
SODIUM

4.5g
FAT

5g
PROTEIN

142
CALORIES

1g
SUGAR

1g
FIBER






LANTERNA® - The origin of focaccia



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Essential Ingredients

- Flour
- Warm Water
- Yeast
- Sea Salt
- Extra Virgin Olive Oil
- Sugar (optional)



Focaccia Recipe

Ingredients

For the dough:

- 2.5 cups all purpose flour
- 1 cup warm water
- 1.5 tsp active dry yeast
- 1/2 tsp sea salt
- 3 tbsp extra virgin olive oil



Instructions

Make the dough:

- In a large mixing bowl combine the warm water with the yeast and stir well.
- Add the olive oil, salt and flour and use a spatula to mix until everything is combined and a sticky dough forms. Use your hand to knead for just a minute until the dough comes together into a ball.
- Brush the top of the dough with a little olive oil then cover the bowl with a lid or a kitchen towel. Place in a draft free area and allow to rise for 2 hours or until doubled in size.
- Lightly oil a 12” cast iron skillet then dump the focaccia dough inside.
- Use your hand to spread the dough inside the skillet all the way to the sides.
- Using the tip of your fingers to press all over the top to create dimples.
- Art Design - Lightly drizzle with some olive oil then add your favorite toppings: olives, heirloom tomatoes and rosemary, pepperoncini, red onion, scallions, zucchini etc.
- Finish with a sprinkling of sea salt flakes and cover with a lid. Allow the focaccia to rise again at room temperature for 30 minutes or so.

Bake the Focaccia

- Preheat your oven to 400°F
- Bake the focaccia bread uncovered for 30 to 35 minutes until the top and the sides are a light golden color.
- Transfer the pan to a cooling rack and allow to cool off completely before slicing.



Resources

- <https://ciaoflorentina.com/focaccia-bread-recipe/>
- <https://www.recipetineats.com/focaccia-recipe/>
- <https://figandoliveplatter.com/how-to-make-focaccia-bread/>

