

Breads

Focaccia – Italian flat bread

500g strong bread flour
20g semolina
7g dried yeast or 15g fresh yeast
300g tepid water
70g olive oil
Sprig of rosemary
Flaked sea salt

Method

Working on a clean work top

Mix flour with yeast, pinch of salt, and the semolina until thoroughly mixed

Make a well in the centre

Stir together the water and olive oil,

Carefully add the water/olive oil into the centre and slowly incorporate into the flour mix.

You will end up with a sticky dough, that will be sticking to your hands!!! Don't worry

Now you need to kneed this, pulling and stretching until the dough is soft and not lumpy.

This will take around 10 mins!!! Part of your daily workout 😊

Place in a bowl and cover with a damp cloth and let the yeast do its magic.

Get the kids to see how the dough rises, it will double in size in around 40 mins

After an hr uncover and this is the best bit punch the dough to knock the air out,

Tip onto a floured worktop and pull and stretch once more, cover and prove once more.

Get an oven tray ready and turn on your oven to gas 6 190.c fan 200.c

Rub your hands in olive oil and carefully lift out the dough and place into your oven tray, pulling and stretching to make it fit, cover again with a damp cloth and let prove again for another 45 mins to an hr.

Prod with your fingers making the famous dimples over the bread, then pour over a cup of olive oil/ and warm water mix, don't worry if it look far too wet..... at this stage you can sprinkle over sea salt flakes and rosemary leaves.

Place in the centre of your oven and cook for 20-30 mins until golden brown.

Once out of the oven drizzle with more olive oil and let it cool.....

Pizza

Tun your oven to its highest setting

If you have a pizza stone even better, if not then don't worry you can simply cook your pizza on the oven racks

Tomato sauce.....best sauce is fresh tomato blitzed with basil and oregano

Taking your dough

After the second prove form the dough into small balls dusting your worktop with semolina and pull and stretch into a roundish shape, slide this onto a upturned tray dusted in a liberal dusting of semolina.

Now spoon on your tomato sauce and dot with slices of tomato, mozzarella and fresh basil leaf.

Carefully slide the pizza off the tray directly onto the oven racks and cook for around 2 mins

Once cooked slide back on to a chopping board, drizzle with olive oil and cut up.

Serve with a fresh watercress salad tossed with Balsamic vinegar and olive oil with shavings of fresh Parmesan.....