

# NYBG

## CGP AT HOME RECIPE



### HERB FOCACCIA

Yield: One 9"x9" loaf

#### Ingredients

- 1 package active dry yeast
- ½ teaspoon sugar
- 1 ½ cups warm water
- ¾ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper
- 5 tablespoons olive oil (total)
- 3 to 4 cups all-purpose flour (total)
- Fresh or dried assorted herbs (sage, thyme, basil, chives, rosemary, etc.)
- Optional (any or all): bell peppers, capers, garlic, sliced tomatoes, red onion, edible flowers, etc.

#### Instructions

Combine the yeast and sugar in a small bowl. Stir in one-third cup of warm water and set aside in a warm place for about five minutes, until the mixture begins to look frothy. Add the remaining water, half the salt, the pepper and three tablespoons of the oil to the bowl. Stir in two cups of the flour. Add another one-half cup of the flour, or as much as is necessary to form a soft dough that can be gathered together. Transfer the dough to a well-floured work surface and knead about eight minutes, adding flour as necessary to keep the dough from sticking. Use a half tablespoon of the remaining oil to oil a bowl. Place dough in a bowl, turn it to oil all sides, cover it lightly and set aside to rise until it has doubled, about one hour.

Preheat the oven to 500°F.

Oil a 9"x9" baking dish with some of the remaining oil. Roll or stretch the dough to fit in the baking dish. Prick it all over, then brush it with the remaining oil and sprinkle it with the remaining salt.

Decorate the top with your selected cut herbs, fruits, and vegetables. You can create patterns or a scene. Bake 20 to 25 minutes, until the focaccia is browned on the bottom and lightly browned on top. Cut into squares and serve warm or cooled to room temperature.

#### S.T.E.M. in Cooking

Yeast is a microscopic fungus that can be kept dormant in the refrigerator until "awakened" in warm water and sugar. As the yeast absorbs the water and sugar, it begins a biochemical reaction called fermentation. The yeast produces heat and carbon dioxide gas as a byproduct of fermentation which makes the dough rise!