



Recipe

PETER REINHART'S SUPER SPROUT™ WHOLE WHEAT FOCACCIA WITH RAISIN/CRANBERRY

Ingredients

- Sprouted Whole Wheat Flour 100% 2.5# (1.134 kg)
- Salt 1.5% 0.6 oz. (17 g) (2 1/2 teaspoons)
- Instant Yeast 1.75% 0.3 oz. (8.5 g) (1 scant tablespoon) (or use 2% fresh yeast)
- Water (room temp.) 110% 2.75# (1.247 kg)
- Dried fruit (golden raisins and dried cranberries or currants, dried apricots, figs, etc.) 50% 1.25# (567 g)

Makes one sheet pan or two ½ sheet pans.

Directions

Add all ingredients to the mixer and mix with the paddle on low speed for one minute. Allow to rest for five minutes and then resume mixing on medium speed for 2 minutes. The dough will be very wet and slack, barely holding together.

Remove the dough to an oiled work surface (olive oil is suggested but any vegetable oil will work) and perform one stretch and fold (S & F). Cover the dough with a bowl and prepare your sheet pan(s) by covering the surface with parchment or a silpat. Oil the surface and side walls generously (about 2 tablespoons for a full size sheet pan).

Do three additional S & Fs at five minute intervals. The dough will still be very slack and sticky but it can be transferred into the sheet pan(s).

Drizzle a little olive oil over the surface and dimple the dough to spread it into the pan as far as it will go without

springing back. Cover the pan with plastic wrap (or place it into a plastic bag) and let ferment for one hour.

After the fermentation, drizzle a little more olive oil over the top and dimple the dough again. If it still doesn't cover the surface, let it rest for 10 to 20 minutes and dimple it again until it covers the pan evenly. Again, cover the pan and let the dough rise for about 45 to 60 minutes, or till it comes to the top of the pan.

Preheat the oven to 450° F/232°C and bake for about 20 to 30 minutes, or until the dough is golden brown on both the top and underside. Remove the focaccia from the oven and carefully slide it out of the pan onto a cutting board. After it has cooled, glaze the top with a powdered sugar fondant flavored with lemon or orange extract, to taste.