

Sourdough Focaccia

Yield: 2 loaves, 6 servings each

Ingredients:

1 package active dry yeast	2 tablespoons olive oil
1 teaspoon sugar	5½ cups all-purpose flour, divided
1½ cups warm water (105 to 115 F)	1 teaspoon salt
1 cup sourdough starter	½ teaspoon baking soda

Procedure:

In a large bowl, combine yeast, sugar and water; blend in starter, olive oil, 2 cups flour and 1 teaspoon salt. Stir until smooth. Add 1 cup flour and soda and stir until well blended. Add enough of the remaining 2½ cups of flour to make a moderately stiff dough. Gather dough into a ball and transfer to a floured work surface. Knead for 5 to 10 minutes until smooth. Place in large greased bowl; turn dough once. Cover and let rise until double. Turn onto floured surface and divide in half, molding each half into a ball. Flatten each ball and then extend with palm and fingers into 10-inch rounds. If dough is resistant, let rest for a few minutes covered with oiled plastic wrap. Put shaped loaves onto well-greased baking pans. Cover with oiled plastic wrap and let rise for a half hour. Remove plastic and use fingertips to “dimple” loaves by pressing nearly to the bottom of each loaf. Replace plastic and let rise for another 2 hours. Meanwhile, preheat oven to 450 F. Sprinkle loaves with coarse salt and drizzle olive oil into the dimples. Bake for 20 to 25 minutes. To aid browning, use a sprayer to mist water into the oven three times during the first 5 minutes of baking. Halfway through the baking, switch pans on racks. Cool loaves on wire racks.

about 120
calories and
1.5 grams of fat
per serving

Some researchers suggest beginning sourdough starters with cultured buttermilk or yogurt, which contain active bacteria.

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