



Fennel Seed Focaccia with Kalamata Olives



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

BREAD

Ingredients

- ☐ 3.7 cups bread flour ()
- ☐ 5 teaspoons coarse salt
- ☐ 0.5 teaspoon yeast dry
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 1 cup kalamata olives pitted chopped quartered
- ☐ 1.5 tablespoons milk
- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups unbleached all purpose flour

- ☐ 0.3 cup water (105°F to 115°F)
- ☐ 0.8 cup water lukewarm (95°F to 100°F)
- ☐ 1 cup water (85°F to 90°F)

Equipment

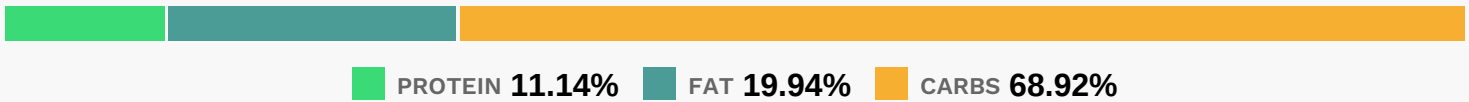
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Mix flour and yeast in 8- to 10-cup bowl. Using wooden spoon, stir in 3/4 cup water; beat until smooth soft dough forms, about 3 minutes. Scrape down sides of bowl. Cover with plastic; let stand 30 minutes. Chill overnight.
- ☐ Let stand at room temperature 30 minutes before continuing.
- ☐ Stir 1/4 cup warm water and yeast in large bowl.
- ☐ Let stand 5 minutes.
- ☐ Add starter and 1 cup plus 2 tablespoons cool water. Using wooden spoon, mix starter and water 1 minute (mixture will look milky and foamy).
- ☐ Mix in 1 1/2 tablespoons oil, 4 teaspoons salt, milk and fennel.
- ☐ Add 3 1/3 cups bread flour, about 1 cup at a time, mixing until very soft sticky dough forms.
- ☐ Knead dough gently on floured surface until dough comes together but is still sticky, sprinkling with more flour and loosening dough from surface with pastry scraper, about 5 minutes. Return to same bowl. Cover with plastic; let rest until firmer and less sticky, about 20 minutes.
- ☐ Knead dough gently on floured surface until supple and elastic, sprinkling with flour to prevent sticking, about 5 minutes. Push dough out to 12-inch square.

- ☐ Sprinkle with 2/3 cup chopped olives; fold dough over olives. Knead gently to distribute olives; shape into ball.
- ☐ Oil large bowl with 1/2 tablespoon oil.
- ☐ Add dough; turn to coat. Cover with plastic wrap.
- ☐ Let dough rise until almost doubled in volume, about 1 hour. Uncover; fold dough edges in toward center. Turn dough over, releasing some air but deflating as little as possible. Cover; let rise until almost doubled, about 1 hour.
- ☐ Position rack in bottom third of oven; preheat to 425°F. Oil 17x11-inch baking sheet and line with parchment paper. Turn out dough onto pan. Without deflating dough, gently stretch and push dough to cover pan. If dough springs back, let rest 5 minutes, then stretch. Repeat resting and stretching until dough stays in place. Press quartered olives over surface. Indent dough with fingertips in several places.
- ☐ Let rise until puffy, about 20 minutes.
- ☐ Sprinkle dough with 1 teaspoon salt.
- ☐ Place pan in oven. Spray oven with water 8 times. Close door 1 minute. Open and spray several times more. Close door; bake focaccia 15 minutes. Reduce oven temperature to 350°F.
- ☐ Bake focaccia until golden and crusty, about 12 minutes longer. Cool focaccia on rack 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:26.97, Inflammation Score:-3, Nutrition Score:8.4660870646653%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 337.37kcal (16.87%), Fat: 7.4g (11.39%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 54.87g (19.95%), Sugar: 0.46g (0.51%), Cholesterol: 0.34mg (0.11%), Sodium: 1722.85mg (74.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Selenium: 29.59µg (42.27%), Manganese: 0.62mg (31.2%), Vitamin B1: 0.23mg (15.18%), Folate: 59.7µg (14.93%), Fiber: 2.71g (10.84%), Vitamin E: 1.42mg (9.48%), Vitamin B3: 1.88mg (9.39%), Iron: 1.63mg (9.07%), Vitamin B2: 0.15mg (8.56%), Copper: 0.17mg (8.47%),

Phosphorus: 83.86mg (8.39%), Magnesium: 23.47mg (5.87%), Zinc: 0.69mg (4.57%), Vitamin B5: 0.38mg (3.77%), Calcium: 32.51mg (3.25%), Potassium: 100.16mg (2.86%), Vitamin K: 2.58µg (2.46%), Vitamin B6: 0.04mg (2.1%), Vitamin A: 73.09IU (1.46%)