

# Apulian focaccia

Each town, and even every family, in Apulia, has its own variation.

The basic recipe is that of the Lecce focaccia, since it is very simple, then we go on to the Bari version, with tomatoes, the Altamura one, with onions and olives, and finally the Barletta speciality with mozzarella, sausage, mortadella, etc.

Durum wheat flour, starter yeast, water, oil and salt must have been the starting block for successive variations that, with the addition of other types of flour and potatoes, made it possible to save a bit of money on the ingredients.

The difference between the various focaccias depends on the topping, too.

By the way: Altamura, a town in Puglia well-known for its bread, has become famous all over the world because of the war the giant McDonald's waged against a small bakery. The Apulian focaccia won: the Altamura McDonald's had to close.



## Ingredients

- 1 kg of flour 00
- 1 cube of brewer's yeast
- 100 gr of extra virgin olive oil
- 1 teaspoonful of salt
- 1 teaspoonful of sugar
- about 400 ml of lukewarm water
- 20 small tomatoes
- origan

## Instructions

Put the flour in a bowl, add 8 tablespoons of oil, the yeast dissolved in the lukewarm water, the salt and the sugar. Mix and knead, adding water little by little until you obtain a smooth, soft dough.

Put the dough back in the bowl, cover it with a cloth and leave it to rise in a warm place for about an hour.

After that, take the dough and place it in a rectangular, greased baking tin (20 x 30 cm) squashing it with your fingertips without flattening it too much. Leave it to rise for an hour more.

Finally take the focaccia and place the halved tomatoes on top, pushing them into the dough. Brush with olive oil, sprinkle with salt and oregano and bake at 180° for 30-35 minutes.



## The chefs answer!!!

*Simon:*

Hi,

Is it possible to replace the wheat 00 with durum wheat?



*Chef::*

Yes, in some towns the recipe calls for flour from durum wheat, in the other towns chefs use half wheat flour and half wheat.

*Sam:*

Can I use manitoba flour!



*Chef:*

Yes. The flavor of the cake changes depending on the type of flour used