



Focaccia Bread

A Simple, Lower Calorie Version of The Famous, Hearty & Rustic, Italian Herbed Bread

Now, I know that you Italian purists are going to rant about this not being a traditional recipe, like your Sicilian grandma used to make for your mafia uncles... but who cares. This bread is light and airy, with just the right amount of 'tooth' to it. This large loaf makes 24 appetizer sized slices of bread, perfect for dips and spreads... Or, for waving in front of your friends on Keto, who haven't had bread since Lincoln was in the White House.

Servings Info.:

Yield: 9" round loaf
Servings: 24
Serving Size: 1 slice

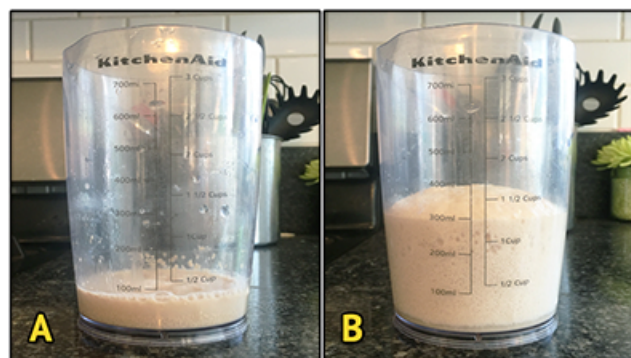


- last checked 01/06/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 2-1/4 tsp active dry yeast
- 2-1/4 tsp granulated sugar. (Yes, you HAVE to use real sugar)
- 1/4 cup of preeetty warm water (between 100-110 degrees)
- 2 cups all purpose flour
- 1-1/2 tsp dried thyme
- 2 medium garlic cloves, crushed and minced
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 tsp baking powder (just roll with it, no whining)
- 1/4 tsp olive oil.
- Additional water, for mixing (I needed 6-7 Tbsp)
- Olive oil cooking spray

Directions:



1. Place the active dry yeast and sugar into a tall container, along with the warm water, between 100-110 degrees. Stir the water gently to dissolve the sugar, then allow to sit, untouched, for 10 minutes. It will foam up, a LOT.



2. Put the flour, thyme, garlic, onion & garlic powders, salt, pepper, baking powder and olive oil, into a mixing bowl. After the yeast has risen for 10 minutes, pour it into the flour, along with a 0 point shot of cooking spray.



3. Begin to mix the dough. At this point it will be dry and will need more liquid. Add the "additional water" 1 Tbsp at a time, to help bring the dough together into a workable ball. You WANT it to have the consistency of soft clay. It took my batch 7 Tablespoons, though yours may require a little more or less. Mix the dough for 2-3 additional minutes. If it is a little tacky, spray it with cooking spray to make it easier to handle without sticking to your hands. Also, in the next step, rather than dusting your dough and cutting board with flour, which adds points... spray your work surface, lightly, with cooking spray.



4. (A) Push down on the dough with your palm, then (B) fold the dough over and push down again. Repeat the folding process 30 times, then roll the dough back into a large ball. (C) Spray a 9" pie pan with cooking spray, then use your hands to push the dough down into the pan, stretching it to fill 3/4 of the pan. Spray the top of the dough with olive oil cooking spray, cover the pan tightly with plastic wrap and (D) walk away for 1 hours. The dough will expand and fill the entire pan.



5. Heat your oven to 400 degrees, then once it's up to heat, remove the plastic wrap and poke down into the dough with your finger. Spray the top of the dough with cooking spray, sprinkle with coarse salt, then bake at 400 degrees for 20 minutes, or until lightly browned. Done.



6. Place your hot bread loaf onto a cutting board. Use a knife to carefully slice the loaf into 4 equal sections. Using the center lines as guides, cut all the way across the loaf, making slices that are just over a 1/2 inch wide. Cutting the bread in this manner will give you 24 slices, with only 27 total ingredient points. Boom.

NOTES:

- A) You don't need to season yours like I did, with dried thyme, garlic and onion powders, etc. Season it however you want. Use fresh herbs, if you'd like. At restaurants, you typically see Focaccia bread prepared with chopped fresh rosemary, both inside the bread and placed on top, prior to baking.
- B) If you are allergic to Gluten, Bob's Red Mill has a celiac friendly flour, called "1 to 1 baking flour". It already has stabilizers and is available at most major grocery stores, as well as Walmart, Target, etc.
- C) Trust me on the baking powder. This isn't a traditional recipe, but I don't care about tradition, I care about points, calories and texture. I've made a ton of different variations of this bread and adding this little bit of baking powder, combined with the yeast, had the best results.

