

Rosemary Focaccia Bread

Yield: 18 servings

Ingredients for Bread

- 1 (¼ oz.) package dry yeast (2 ¼ teaspoons)
- 1 ⅔ cups water, heated to 105 to 110 degrees F
- 5 cups bread flour
- 2 ½ teaspoons salt
- 1 teaspoon dried rosemary or 1 tablespoon fresh rosemary
- ¼ cup olive oil, plus extra for coating baking pan



Image source: commons.wikimedia.org, 2020

Ingredients for the Topping

- 3 tablespoons olive oil
- 1 teaspoon coarse salt
- 1 teaspoon dried rosemary or 1 tablespoon finely chopped fresh rosemary

Directions

1. Wash hands with soap and water.
2. Stir together yeast and warm water (100 to 110 degrees °F) in large mixing bowl; let stand until creamy, about 5 minutes.
3. Add flour, salt, rosemary and oil to yeast mixture. Beat until well blended and smooth.
4. Turn dough out onto a lightly floured surface. Knead dough 10 minutes, adding 1 to 2 tablespoons flour as needed.
5. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Spray top of dough.
6. Cover bowl with clean, damp dishtowel. Let rise until doubled, about one hour.
7. Punch dough down and let it rest for 10 minutes.
8. Generously coat a 15" x 10" x 1" baking pan with olive oil. Press dough into prepared pan.
9. Cover and let dough rise until doubled, about 30 minutes.
10. Preheat oven to 425 degrees F.
11. Stir together oil and rosemary for topping. Make shallow indentations all over dough with fingertips, then brush with rosemary oil. Sprinkle with coarse salt.
12. Bake until golden, about 20 to 25 minutes.
13. Gently loosen focaccia and slide onto cooling rack.
14. Serve with dipping oil.

Nutrition Facts per Serving: 186 calories, 6 g fat, 432 mg sodium, 28 g carbohydrate, 1 g fiber, 5 g protein, 9 mg calcium

Dipping Oil - Ingredients

- ½ cup extra virgin olive oil
- ½ teaspoon pepper
- ½ teaspoon coarse salt
- 2 tablespoons fresh Parmesan cheese, grated
- ½ teaspoon Italian seasoning
- 2 cloves garlic, pressed

Dipping Oil - Directions

Mix all ingredients together and refrigerate until ready to use. The flavor is best if you make this several hours before using. For safe food handling, use within 2 to 3 days.

Recipe from: 4 H Cooking, 401, 2020

Pita Bread

Yield: 10 pitas

Ingredients

- 1 package yeast
- ½ cup water, heated to 100 to 110 degrees F
- 1 teaspoon sugar
- 3 cups all-purpose flour
- 1 ¼ teaspoons salt
- 1 cup water, heated to 100 to 110 degrees F

Directions

1. Wash hands with soap and water.
2. Dissolve yeast in ½ cup warm water. Add sugar and stir until dissolved. Let sit for 10 minutes until yeast starts growing.
3. Combine flour and salt in a large bowl.
4. Make a small depression in the middle of flour and pour yeast water into depression.
5. Slowly add 1 cup of warm water and stir until combined.
6. Place dough on lightly floured surface and knead for 5 minutes or until the dough is smooth and elastic and not sticky.
7. Lightly coat large mixing bowl with nonstick cooking spray. Place dough in bowl. Lightly coat top of dough with nonstick cooking spray. Cover with clean, damp dishtowel.
8. Let rise in warm place until doubled in size, about 40 minutes.
9. Punch down dough and divide into 10 pieces.
10. Roll each piece into a ball. Place balls on lightly floured surface, cover, and let rest for 10 minutes.
11. Place oven rack in lowest position in oven. Place baking sheet in oven. Preheat oven and baking sheet to 450 degrees F.
12. Use a rolling pin to roll each ball of dough into 5- to 6-inch circles, about 1/4-inch thick.
13. Place circles of dough on the preheated baking sheet allowing 2 inches between circles. Bake circles for 4 to 5 minutes until the bread puffs up. Turn with a spatula and bake for 2 additional minutes.
14. Remove each pita from oven. Repeat until all rounds are baked.
15. Use spatula to gently push down each baked pita. Immediately place in storage bags while the pitas are still warm and soft.
16. Pita bread can be stored for several days at room temperature, for a week in the refrigerator, and up to a month in the freezer.

Nutrition Facts per Pita: 140 calories, less than 1 g fat, 293 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein, 7 mg calcium



Image source: Pixabay, 2020

Recipe from: 4 H Cooking, 401, 2020