

OVERNIGHT FOCACCIA

Created By:

Chef Jessica VanRoo
Culinary Education
Director

UCI Campus Recreation
jvanroo@uci.edu

**Makes 18x13 pan (half
sheet)**

Ingredients

- 2 cups whole wheat flour
- 3 ½ cups bread flour
- 2 ¼ teaspoon instant yeast
- 2 tablespoons sugar
- 1 tablespoon kosher salt
- 2 ½ cups cold water
- ¼ - ½ cup olive oil
- Dried Italian herbs

Instructions

1. In your food processor combine flours, yeast, sugar, and salt. Slowly drizzle water while motor is running. Mix until dough form, turn dough onto your work surface dusted with flour and knead until smooth. Place dough in an loosely tied, oiled bag and place in refrigerator overnight.
2. Remove your dough from the refrigerator the next day and spread on a well-oiled parchment lined baking sheet. Spread oil on dough and spread only as far as the dough will let you, return to brush with oil and spread every 20 min for 60 min. Cover and let rest for another 30-60 min or until double in size, the dough should be about ¼" - ½" high.
3. Preheat your oven to 40 degrees and dimple the dough and sprinkle with spices and extra salt. Bake for 15 mins, rotate and bake for about 10-15 mins, or until golden brown. If your oil begins to pool, collect it and pour it over the top of the focaccia.



health & fitness
fridays

UCI Wellness

UCI Campus
Recreation