

Rosemary Garlic Focaccia 意大利香蒜迷迭香麵包



(From right) Plain, cheese topped and onion and chilly focaccia

Serving: 6 份量：6 個

Ingredients 材料:

Active dry yeast 酵母粉	1½ teaspoons 茶匙
Sugar 糖	2 teaspoons 茶匙
Lukewarm water 溫水	420ml 毫升
Strong plain flour (or all purpose flour if you don't have strong flour) 高筋麵粉(如無高筋麵粉, 也可用普通麵粉替代。)	4 – 4½ cups 杯
Salt 鹽	1 teaspoon 茶匙
Olive oil 橄欖油	5 tablespoons 湯匙
Dried rosemary (crumbed) 乾迷迭香(磨碎)	1½ tablespoons 湯匙
Garlic (minced very fine) 蒜頭 (切極碎)	3 – 5 cloves 粒
Sea salt or kosher salt 海鹽 (晶鹽)	1½ teaspoons 茶匙

1. In a bowl, stir together yeast, sugar and the lukewarm water and proof yeast for 10 – 15 minutes or till foamy.

將酵母粉、糖及溫水置於大碗中約 10 – 15 分鐘, 待酵母發酵。

2. Stir in 4 cups of flour, 2 tablespoons of olive oil salt, 1 tablespoon rosemary and all garlic. Add as much of the remaining flour as necessary to make a soft dough.

加入 4 杯麵粉、2 湯匙橄欖油、1 湯匙迷迭香及蒜蓉, 搓成粉團。有需要時, 可再加粉。



3. Turn out on to a floured surface and knead the dough for about 10 minutes, until smooth and elastic.

將粉團將在灑上乾粉的卓面上, 大力搓揉約 10 分鐘, 至粉團光滑及富彈性。

4. Return to the bowl, cover with a cloth or plastic and leave to rise in a warm place for 2 – 2½ hours until the dough has doubled in bulk.

將粉團置於碗中, 用布或保鮮紙遮蓋, 置於溫暖處 2 – 2½ 小時, 至體積倍增。



5. Knock back the dough and knead again for a few minutes. Divide into 6 pieces.

將粉團再搓揉數分鐘, 然後分成 6 份。

6. Press the pieces flat and lay them on an oiled tray with each at least 1 inch apart. Cover with a damp cloth, leave to rise for 30 minutes.

將小粉團壓平, 放於已塗油的盤上, 各自距離最少 1 吋, 用濕布遮蓋, 再待 30 分鐘, 至發大。



7. Preheat oven to 200°C.

將焗爐預熱至攝氏 200 度。

8. Poke the dough with your fingers to make little dimples in the surface. Brush the remaining olive oil over the dough. Sprinkle with sea salt and remaining rosemary. (I had two sprinkled only with sea salt and rosemary. I had two with additional grated cheddar cheese and two topped with onion and chilly.)

用手指在麵包表面做成凹陷, 塗上其餘的橄欖油, 再灑上迷迭香和晶鹽。(我在其中兩個麵包上加了碎芝士, 另外兩個上面加了洋蔥絲和辣椒絲。)



9. Baked for 20 – 25 minutes until the bread is pale golden. After 10 – 13 minutes, turn the tray to ensure the breads are baked evenly.

將入焗爐內焗 20 分鐘, 或至微金黃色。10 – 13 分鐘後轉一轉焗盤, 讓麵包烘焗更均勻。

10. Leave cool on rack for 10 minutes before served. Best served on the same day. (Don't leave it to cool in the tray. You will get condensed water at the bottom and the bread may turn soggy.)

取出放在架上 10 分鐘, 待涼。同日享用為佳。(勿將麵包留在盤內, 盤底會積聚冷凝水, 破壞麵包質感。)