



— CYRILLE VAN DER STUYFT —

FOCACCIA

BEGINNER MASTERCLASS





TECHNICAL DESCRIPTION

TOTAL COMPLETION TIME
14 hours 30 minutes

COMPLETION TIME
45 minutes

BAKING TIME
12 minutes

REST PERIOD
13 hours 30
minutes

INGREDIENTS

Yields 2 Focaccia, serves 4:

- 9.7 oz (275 g) T65 Traditional French flour
- 7.8 liquid oz (230 ml) Water
- 1.4 oz (40 g) Potato flakes
- 0.2 oz (6 g) Salt
- 0.2 oz (5 g) Fresh baker's yeast
- 0.5 liquid oz (15 ml) Water (bassinage)
- 1.1 oz (30 g) Olive Oil (bassinage)
- 0.2 oz (5 g) Oregano
- 0.2 (5 g) Fleur de sel
- Olive Oil

SPECIFIC UTENSILS

- Mixer with dough hook attachment
- Dough scraper
- 6.3 in (16 cm) \emptyset ring
- Stone / Marble slab for the oven (optional)



STEP 1 – DOUGH KNEADING

Place the water, the flour, the yeast, the salt and the potato flakes in a mixing bowl.

Then, in a mixer fitted with a dough hook attachment, knead the dough at low speed (speed 1) for about 10-12 minutes.

The dough must be soft and elastic: the kneading process must allow a gluten network to form.

Once you have created a gluten network, increase the speed of the mixer and knead the dough at medium speed (speed 2) for about 2-3 minutes.

Then, gradually drizzle in the bassinage olive oil.

Once the oil has been thoroughly added to the mix, increase the speed of the mixer so the dough comes away from the sides of the bowl.

Once the dough no longer sticks to the sides of the bowl, stop the kneading process.

The goal is to have a dough that is soft and elastic.

INGREDIENTS

- 9.7 oz (275 g) T 65 Traditional French flour
- 7.8 liquid oz (230 ml) Water
- 1.4 oz (40 g) Potato flakes
- 0.2 oz (6 g) Salt
- 0.2 oz (5 g) Fresh baker's yeast
- 0.5 liquid oz (15 ml) Water (bassinage)
- 1.1 oz (30 g) Olive Oil (bassinage)

CHEF TIPS

- The step which is intended to bind the ingredients together is called the "frasage". Once completed, the mix must be homogenous in texture.
- After kneading the dough at low speed, always check the softness and elasticity of the dough, which will confirm the presence of a gluten network. Once present, you may increase the speed and knead at medium speed.
- It is important to gradually add the oil and the water for the bassinage as to avoid the dough to stick in the mixer.



STEP 2 – ROLLING & FIRST PROOF

INGREDIENTS

- o Olive oil

CHEF TIPS

- o The first proof is the first step in the yeast fermentation process, during which the flavors start to develop and the presence of carbon dioxide increases. At the end of the first proof, the dough becomes more elastic.

Grease the work surface, as well as the bowl into which the focaccia dough will be placed, the dough scraper and the top of the dough.

Using a dough scraper, remove the dough from the mixing bowl and place it on the work surface.

Shape the dough, apply a generous coat of oil and fold it.

Here, the French term "rabat" refers to the process of shaping the dough using the folding method.

Then place your dough in your bowl and add a little bit of oil on top of it.

Cover the dough and let it proof for 30 minutes at room temperature.



STEP 3 – DEGASSING, FOLDING & PROOFING

After 30 minutes of the initial proofing phase, retrieve the focaccia dough and place it on the work surface.

Proceed to degas the dough by patting the top surface of the dough. Then fold each side of the dough, going from the outside toward the center. Repeat and go around the dough to form a ball.

Then, flip the dough on the work surface, in order to have the smooth side of the dough facing up.

Put the dough into the greased bowl and cover it.

Refrigerate the dough overnight at 39° F (+4° C) for about 12 hours, at the end of which time the second proofing will be completed.

INGREDIENTS

- Olive oil

CHEF TIPS

- Folding the dough strengthens the gluten network, thus it strengthens the dough.
- The second proof is much longer than the first one and it essentially allows the dough to develop its flavor.
- At this stage, the dough can be kept in the fridge at 39° F (+4° C) for about 3 – 4 days, given it be degassed on a regular basis.



STEP 4 – SHAPING & FINAL PROOF

INGREDIENTS

- o Olive oil

CHEF TIPS

- o The first proof is the first step in the yeast fermentation process, during which the flavors start to develop and the presence of carbon dioxide increases. At the end of the first proof, the dough becomes more elastic.

Grease the work surface, as well as the dough scraper and remove the dough from the bowl.

Using a scale, divide the dough in two portions, each weighing approximately 10.6 oz (300 grams).

Get a ring measuring 6.3 in (16 cm) in diameter and grease it as well. Place a sheet of baking paper on top of a pie dish or on top a greased baking sheet.

Place the dough inside the ring and, using your fingers, stretch the dough so it touches the sides of the ring.

Repeat this step with the second piece of dough and the second ring.

Let the dough rise by letting it rest for about 45 to 60 minutes at room temperature.

This phase is called the "final proofing".



STEP 6 – ASSEMBLY & FINISH

Preheat the oven at a temperature of at least 482° F (250° C) and place a stone/marble slab on top of a wire rack.

Get the focaccia dough.

Put a little bit of olive oil on top of it,

Using your fingers, prick the dough until touching the cooking sheet and make sure to leave a few deep holes in the dough.

Sprinkle with oregano and fleur de sel.

Take the hot stone/marble slab and the wire rack out of the oven.

Slide the focaccia and the parchment paper onto the stone/marble slab.

Place in the oven for 10 minutes at 482° F (250° C).

And VOILA CHEF, it is ready to be tasted !

INGREDIENTS

- Olive oil
- 0.2 oz (5 g) Fleur de sel
- 0.2 oz (5 g) Oregano

CHEF TIPS

- The stone or marble slab in the oven allows to store the heat and promotes an intense heat conduction from underneath while the focaccia is baking.
- Baking the focaccia without a stone slab is perfectly doable; just use a regular baking sheet instead.