



Tahini coated focaccia

**1 hour 30
minutes**

Hands on

Family
Portion(s)

2
Difficulty



Method

For the sourdough:

- In a large bowl, add the water, sugar and the yeast. Stir with a hand whisk until the yeast dissolves completely.
- Add the flour and mix until the mixture resembles the texture of a pudding.
- Cover the bowl with a damp towel. Set aside to rise in a warm place for about 2 hours, until it doubles in size.

For the dough:

- Combine the yeast mixture with the flour and olive oil in a mixer, using the hook attachment. Beat on low to medium speed for 6 minutes. Then add the salt and work the dough on high speed for 2 minutes.
- Transfer dough to a large bowl brushed with olive oil. Brush top of dough with some more oil. Cover bowl with a damp towel. Set aside in a warm place for 1 hour or until the dough doubles in size.
- Dust a working surface with flour and place dough on it. Dust your hands with some flour and spread out dough to a rectangular shape.
- Try not to work the dough too much. Fold one edge until the middle and repeat with opposite edge, creating 3 layers of dough, like an envelope.
- Brush a 30x40 cm baking pan with olive oil. Transfer folded dough to pan, seam side down.
- Press down on the dough with your hands to flatten it out as much as possible and completely fill the baking pan.
- Cover with plastic wrap and set aside again for 1 hour so it can rise. During this time, knead the dough 3-4 times. Each time pressing on it with your fingers and spreading it out towards the corners of the baking pan.
- When nearing the end of this process, the dough should be completely spread out in the pan and it should be 2 cm thick with a lot of "potholes" on it
- Preheat oven to 190* C (370* F) Fan.
- Use a spoon to drizzle the tahini over the surface of the focaccia in horizontal lines.
- Sprinkle with sesame seeds and flower of salt.
- Bake for 15-20 minutes. Lift the focaccia with a fork to make sure it has cooked and turned golden on the bottom also.
- When ready remove from oven and set aside to cool.
- Serve with lime zest, lime segments and fresh basil leaves.

Ingredients

For the dough

- 330 g all-purpose flour
- 1 tablespoon(s) olive oil, +extra for serving
- 1 tablespoon(s) salt

For the sourdough

- 1 1/2 teaspoon(s) yeast
- 420 ml water, lukewarm
- 1 tablespoon(s) brown sugar
- 330 g all-purpose flour

For the coating

- 30 g sesame seeds, for sprinkling
- 300 g tahini
- 1 teaspoon(s) fleur de sel
- lime zest, of 1 lime
- basil leaves, some

Διατροφικός πίνακας

Nutrition information per portion

381 Calories (kcal)	18.0 Total Fat (g)	2.8 Saturated Fat (g)	41.0 Total Carbs (g)
19%	26%	14%	16%
0.42 Sugars (g)	11.7 Protein (g)	4.4 Fibre (g)	0.93 Sodium (g)
0%	23%	18%	15%