

Focaccia Art

Fresh from the garden: herbs



Equipment:

measuring scale
chopping board
cook's knife
colander
Oven tray
medium bowl
1 tsp
Measuring jug

Ingredients:

- **For the dough**
- 17.6 oz/500 g of 00 type flour or all purpose flour
- 10.6 oz/300 g of lukewarm water
- 1 tsp of salt
- 1 tablespoon of instant yeast
- 3.4 oz/100 ml of extra virgin olive oil
- **For the poppy field**
- 1 large red pepper
- 1 medium tomato
- several small oval tomatoes
- green olives
- 2 tsp of ground poppy seeds
- fresh green parsley tops
- several dill stalks
- several chives stalks
- 2 tbsp of sunflower seeds, peeled
- dried basil and oregano

Method (What to do):

1. Pour the lukewarm water into a bowl, add the yeast and stir. Cover bowl with a towel and leave for 10-15mins so the yeast becomes foamy.
2. Mix in the flour, salt and olive oil, form a ball with the dough and knead it for about 5 minutes. Cover the bowl and leave it to rise until double the size.
3. Place the dough on a baking tray, roll and stretch it out to cover the tray and brush with olive oil.



4. Make the horizon from strips cut from lengthwise chives.
5. Sprinkle the dried herbs on the 'field'
6. Place 'trees' made from dill and parsley on the horizon. Do not press heavily.



7. For the outline of the poppy flowers, cut the whole capsicum into slices. Fill the area of the flower with slices from the large tomato. Sprinkle poppy seeds on the center of the poppy and place half an olive in the center over the top of the seeds.
8. For smaller poppy flowers, cut the small oval tomatoes in half and position on the dough.
9. Use more chive strips for the stems and parsley for leaves of the poppies.



10. For cereal spikes, place sunflower seeds on either side of a chive strip which is the stem.
11. For buds, half an olive can be placed on a chive strip stem.
12. Cut some capsicum up into small pieces and dot them around the 'field' to suggest small poppies.
13. Bake the focaccia, in an oven heated to 200 degrees celsius, for 20 minutes or until golden brown.



Other ideas:

