

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S TOMATO & ROSEMARY FOCACCIA

 **Prep:** 30 minutes (plus 1hr proving)

 **Cook:** 30 minutes

 **Serves:** 1

INGREDIENTS:

- 7g sachet dried yeast
- 1 tsp caster sugar
- 500g strong white bread flour
- 75ml olive oil
- & 25ml olive oil
- 100g sundried tomatoes, chopped
- 5 sprigs rosemary, leaves picked
- 200g cherry tomatoes on the vine
- **LoSalt**

METHOD:

1. Add the dried yeast and 1 teaspoon caster sugar to 300ml lukewarm water. Stir and set aside for 5 minutes.
2. Put the strong white bread flour into a large bowl and make a well in the middle.
3. Pour in the yeast mix along with 75ml of olive oil.
4. Knead for 10 minutes either by hand or using a machine.
5. Cover with a clean tea towel and set aside somewhere warm to prove for 1 hour.
6. Meanwhile, make the filling; Mix together the chopped sundried tomatoes, leaves from 4 rosemary sprigs, 25ml olive oil and a sprinkle of **LoSalt**. Set aside.
7. Once the dough has doubled in size, on a floured surface, knock back for 5 minutes to re-distribute the air and then roll out into a rectangle, approx 30 x 20 cm.
8. Now spread the sundried tomato mixture over one half of the rolled out dough. Fold over and place on a lined baking tray.
9. Squish the dough into place and lightly pinch the edges to seal.
10. Brush an extra little olive oil over the dough and add the cherry tomatoes on the vine and a few extra leaves of rosemary.
11. Finally, sprinkle with LoSalt.
12. Preheat the oven to 180°C and leave to prove again before baking the in oven for approximately 30 minutes.
13. Cool slightly in the tin, then serve warm!

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice