

# BELLA ITALIA

Gourmet Foods



Italian Gifts



## FOCACCIA WITH FRESH ONIONS & TOMATOES

(thanks to Vittorio of Viva La Focaccia for the dough recipe)

240 gr. lukewarm water (1 cup), in winter water should be warm, but not too much (you should be able to keep your hand in it without discomfort).

30 gr. Italian extra virgin olive oil (about 3 tbsp)

7 gr. dry active yeast (1 envelope or 1 tsp)

7 gr. salt (1 tsp scant)

345 gr. Italian 00 flour (2 1/2 cup, quantity estimated)

1 each Onion and tomato, sliced

- In a bowl, where you'll prepare your dough, put the entire amount of water and dissolve the yeast, then add oil and half of the of the flour. It is very important that salt doesn't touch yeast. Start mixing until you obtain a smooth cream, then add salt and almost all the remaining flour (keep some of it for next phase). Mix and knead for about 4-5 minutes until your dough doesn't stick to the bowl anymore.

-Sprinkle remaining flour onto your work surface and transfer your dough onto it, dust your hands with flour and knead for a few more minutes (if dough sticks too much, wait 3-5 minutes, then start again).

- When you have a smooth dough, oil your baking pan (mine was 9x13"). Transfer your dough in the center, then turn upside down. This way, the dough surface will be covered with oil and won't dry out while leavening. Let it rise for 45-60 minutes, at that point your dough should have doubled.

- Pre-heat oven to 400 F.

- With oiled hands, flatten pizza dough carefully without stretching it. Arrange onions and tomato slices on top. Drizzle with olive oil. Bake about 15 minutes and serve immediately.

- You can find our video for the dough here: <https://youtu.be/wiRZYNvMAUI>



## HAPPENED IN JUNE IN ITALY

8th 452 – Attila the Hun invades Italy

4th 1859 – Second Italian independence war: battle of Magenta

2nd 1946 – With an institutional referendum, Italians decided that Italy had to become a Republic (12.717.923 "yes"; 10.719.284 "no").

After this, the King Umberto II of Savoia leaves the Country  
19th 1980 – The official visit in Italy of US President Jimmy Carter begins, it will continue until 06/21

## ITALIAN 00 FLOUR

The '00' refers to the texture of the flour; Italian flours are classified by numbers, according to their fineness being "tipo 2" the most coarse and "00" the finest. Gluten creates the elasticity you feel when you bite into a crunchy loaf of bread. The lower the protein content, the lower the gluten; the lower the gluten, the less elasticity will be in your dough.

Gluten levels are controlled by selecting different strands of wheat for processing: high-gluten bread flour is made from wheat that has 14-15% gluten. The "Le 5 Stagioni" pizza flour is approved by the "Associazione Vera Pizza Napoletana" (True Neapolitan Pizza Association).

Moisture: max 15.5%

Proteins: max 11.5%

Ashes: type 00 max 0.55%

Wet Gluten: min 28%



## ITALIAN PROVERB

Quando gli uccelli volano basso - se non hai l'ombrello, allunga il passo  
When birds fly low - if you don't have an umbrella, walk fast

## ITALIAN WORD OF THE WEEK CORRECT PRONUNCIATION

**FORMAGGIO** (cheese)  
for-MAH-joh