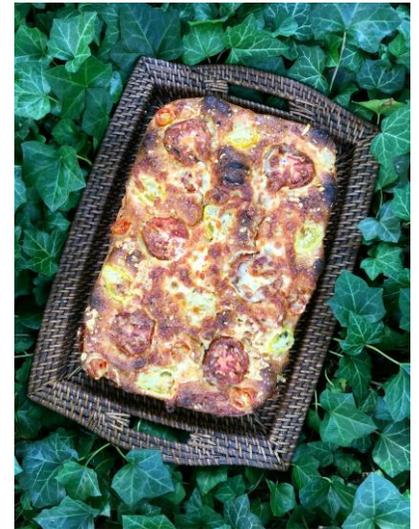


Foccacia with HealthSense High Fiber Flour by Ciril Hitz



POOLISH

Ingredients	Metric	Pounds	%
Bread flour	1000g	2# 3.2 oz	100
Water, 70°F	1000g	2# 3.2 oz	100
Yeast, instant	1g	.03 oz	1

1. Combine 70°F water and yeast and stir until completely dissolved.
2. Combine all of the above ingredients and blend together to a smooth consistency.
3. Cover so that no crust can form.
4. Allow to ferment at room temperature overnight.

Final Dough

Final Weight
5375g 11# 13.5oz

Ingredients	Metric	Pounds	Final %	Overall %
HealthSense High Fiber Whole Wheat Flour	1200g	2# 10.3oz	65.0	77.0
Bread flour	640g	1# 6.5oz	35.0	23.0
Water, 95°F	1470g	3# 3.8oz	80.0	87.0
Instant yeast	10g	.35oz	1.0	.3
Salt	55g	1.9oz	3.0	1.9
Poolish	2000g	4# 6oz	107.0	

1. Place water, poolish, yeast, salt and flour in vertical mixer and mix on 1st speed for 6 minutes, scraping the bottom of the bowl every two minutes.
2. Mix on 2nd speed for 1-2 minute.
3. Place dough in oiled container, making sure that the internal dough temperature is 75° F. If not, place in a warm environment until desired temperature is achieved.
4. Ideally, give the dough a stretch and fold every 30 minutes (three to four stretch and folds over the duration of two and a half hours.) Total time of bulk fermentation should not exceed 3 hours.

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Ciril Hitz is a master baker and passionate instructor at the International Baking & Pastry Institute at Johnson & Wales University in Providence, RI. He's an esteemed member of the Bread Bakers Guild of America and the recipient of a number of awards recognizing his baking excellence in competition.

5. Divide dough into 3 oiled half sheet pans (1790g or 3# 15oz).
6. Gently manipulate the dough to the outer edge every 10 minutes.
7. Add any prepared vegetables to the dough before the third manipulation sequence.
8. After the 3 manipulation sequences, allow the dough to ferment for 20 minutes.
9. Make sure the dough fills the entire pan in all dimensions
10. Bake at 480°F. There is no need for steam since the dough is covered in oil.
11. Add the cheese half way through the bake.
12. Bake for a minimum of 25-30 minutes.

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