

Focaccia Ligure

250 grams sourdough (50% hydration)
250 grams all purpose flour
20 grams olive oil
10 grams marine salt
Water

For this recipe you will need a dough of starter (50% hydration) which has been proofed for at least 6 hours. Since my starter is a batter I usually prepare a little dough of starter the night before, adjusting the amount of flour and water depending on the initial starter hydration.



Mix down flour, oil, and salt with water, until you get a soft, then incorporate the starter. This way the starter will not be in direct contact with salt. Now put the dough on a baking tin and level roughly with the top of your fingers, in order to create several “holes” on the surface. Dampening your fingers should help in this part.



Now let leaven from 45 minutes to 2 hours, depending on your tastes and how vigorous your starter is.

Make a mixture of olive oil and water, let's say 5 grams each, brush the surface of your focaccia with this condiment and sprinkle some marine salt.

Bake at 200 degrees C for about 30 minutes.

Here's the result.

