

# THE LAB

Three things to make and do

Kitchen chemistry



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## Bake a focaccia artwork

Mix up an artistic creation you can eat.

### What you need

- 475g **strong bread flour**
- 1 tsp salt
- 7g fast-acting dried yeast
- 6 tbsp olive oil
- 375ml warm water
- Fresh rosemary

- Large mixing bowl
- Wooden spoon
- Large bowl
- Clingfilm
- Oiled baking tray 25 x 35cm

### Picture ingredients:

- Peppers (sliced)
- Tomatoes (halved)
- Onions (sliced)
- Mushrooms (sliced)
- Chives
- Fresh parsley, rosemary and thyme
- **Sesame seeds** or nigella seeds

### Instructions

- 1 Put the flour into the mixing bowl. Add the salt and yeast and mix together.
- 2 Make a hollow in the centre of the flour and add 3 tbsp of oil and the warm water, then mix together thoroughly.
- 3 Sprinkle a handful of flour onto your work surface and place the mix onto it. Knead for 10 minutes, folding the corners into the middle and pressing down until you get a smooth dough.
- 4 Now put the dough into a clean bowl, cover with clingfilm and then leave it to "prove" in a warm place for one hour until it has doubled in size.
- 5 Place the dough onto the baking tray and press and pull it out to fit. Push your fingertips into the dough to make small dents. Pop sprigs of rosemary into the holes then drizzle with 3 tbsp oil.
- 6 Using your imagination (and your assembled ingredients), paint a scene onto the bread. Then brush with olive oil and bake for 20–30 mins.

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](http://tinyurl.com/SN-allergy)

Adding a little salt for flavour.



### How does it work?

Yeast is a type of fungus. In bread making, you mix yeast into the flour and the water "wakes" it up. When you place the dough in a warm place the yeast starts feeding on sugars in the flour, releasing carbon dioxide gas and alcohol. The gas forms bubbles inside the dough, making it rise and become fluffy. This process is called fermentation. The heat of baking kills the yeast and evaporates all the alcohol to leave you with yummy bread.