

NICK'S FOCACCIA

MAKES: one 18 by 13 inch pan

PREP TIME: 15 mins active,
14+ hours with rest and rise time

COOK TIME: 30 mins

INGREDIENTS

- 564 g (approx 4.5 cups) Appalachian White Wheat Flour
- 455 g (approx 2 cups) water
- 10 g (approx 2 tsp) salt
- 2.5 g (just under a tsp) active dry yeast
- Olive oil to grease the baking sheet and to top the focaccia, to taste
- Coarse salt, to taste
- Rosemary, to taste



MEET THE CHEF

This recipe comes to us from Nick Gore, owner of GoreMade Pizza in Italian Village in Columbus OH. From the restaurant website "there are few things more important than sharing good food with good people. We at GoreMade Pizza are committed to both with a deep rooted passion that goes back over a decade."

Nick tells us that when he founded GoreMade he was looking for local flour but it was nowhere to be found. We are grateful to connect with him now! His enthusiasm for and commitment to using local, quality ingredients is refreshing. He now regularly hosts grain conversation nights at the restaurant where people gather, meet us - the millers, and talk about successes and challenges in using local, fresh, stone milled flours in their baking.



DIRECTIONS

In a large bowl, activate the yeast by mixing it with 55 g of warm water and letting it sit for about 15 minutes. Next, mix in the flour, salt, and remaining water until all the liquid is absorbed and the ingredients form a sticky dough ball.

Cover the bowl with a plate and refrigerate for 12 hours. Grease a baking sheet with olive oil.

Spread the dough on the sheet and let rise at room temperature for 2-4 hours.

Top with olive oil, coarse salt, and rosemary.

Bake at 425 degrees F until golden brown, about 30 minutes.



MEET THE FARMER AND THE GRAIN

Meet Doug and Beth McConnell and family of the McConnell Family Farm in Zanesville, OH. Their farm is focused on improving soil health through regenerative farming practices such as using cover crops and increasing plant, animal, and insect diversity on the farm. They grow wheat, oats, and buckwheat along with chicken for meat and eggs, pork and beef. The farm earned "Conservationist of the Year" from their county in 2018 and "Family Conservation Award" the following year from the state.

This Appalachian White Wheat they grow is considered a "landrace grain" meaning that it was developed and continues to adapt to grow well in the wetter climate of the Appalachian regions of the Eastern US.

