



# ITALIAN- STYLE FLOUR

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Our version of Italian “00” flour is a little more laid-back than all-purpose. Lower in protein and mellower, it yields the friendliest, gentlest dough to work with: supple, smooth, and easy to shape.

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© NET WT 48 OZ (3 LBS) 1.36kg

# LIGHT-AS-AIR FOCACCIA

## DOUGH

3 3/4 cups Italian-Style Flour  
2 tablespoons Pizza Dough Flavor, optional  
1 1/2 teaspoons salt  
2 teaspoons instant yeast  
2 tablespoons olive oil  
1 cup plus 2 to 4 tablespoons water\*

## TOPPING

1 to 2 tablespoons olive oil  
coarse salt  
snipped fresh rosemary, or  
dried rosemary

## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 45

### Amount Per Serving

**Calories 110**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 23g**      **8%**

**Dietary Fiber 1g**      **4%**

**Sugars 0g**

**Protein 2g**

**Vitamin A 0%**      • **Vitamin C 0%**

**Calcium 0%**      • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*Start with lesser amount of water, adding more if needed to make a soft dough.

Mix together dough ingredients, and knead briefly, 5 to 6 minutes, by hand or in a mixer. If you're using a bread machine, knead for about 8 minutes. Cover the dough and let rest for 15 minutes. Remove from bowl, and fold over a few times, to redistribute the growing yeast.

Place dough on a lightly greased or parchment-lined baking sheet, and pat into a 10" x 15" rectangle. Brush with olive oil, and sprinkle lightly with coarse salt and rosemary. Cover focaccia with a piece of lightly greased plastic wrap, and set in a warm place to rise for about 30 minutes.

Just before baking, use your fingers to gently dimple the top of the dough, every 2 inches or so. Bake the focaccia in a preheated 425°F oven for 15 to 18 minutes, until golden brown. Remove from oven and cool slightly before cutting into squares.

Yield: about a dozen 4" squares.

Store cool and dry.

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

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Do not eat raw flour, dough or batter.



INGREDIENTS: SOFT RED WINTER WHEAT.

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