

Preparation time: 1 hour 30 minutes Makes 1 (weight) loaf

Vegetarian Foccacia

For those who love to eat bread, this is a lovely recipe to try as it is tasty and satisfying even eaten on its own. It is also high in fibre and cholesterol free.

INGREDIENTS

Bread flour	350 g (12 ¹ / ₄ oz)
Maltitol	20 g (² / ₃ oz)
Salt	1 tsp
Bread improver	1 tsp
Yeast	2 tsp
Mixed dried Italian herbs	1 ¹ / ₂ tsp
Cold water	200 ml (6 ¹ / ₂ fl oz / ⁴ / ₅ cup)
Olive oil	for brushing

Filling

Cooking oil	1 tsp
Garlic	3 cloves, peeled and minced
Carrots	30 g (1 oz), peeled and finely sliced into strips
Turnips	80 g (2 ³ / ₄ oz), cleaned, peeled and finely sliced into strips
Chinese cabbage	55 g (2 oz), finely sliced into strips
Black fungus	30 g (1 oz), soaked until soft, hard gritty bits trimmed and finely sliced into strips
Dried Chinese mushrooms	30 g (1 oz), soaked until soft and finely sliced into strips
Water	100 ml (3 ¹ / ₃ fl oz / ³ / ₅ cup)
Salt	a pinch
Ground black pepper	a pinch

METHOD

- In a mixing bowl, combine bread flour, maltitol, salt, bread improver, yeast and mixed herbs and mix well. Gradually pour in cold water and olive oil and mix until a smooth dough is formed. Cover with a clean cloth and leave dough to rest at room temperature for 20 minutes.
- Meanwhile, prepare filling. In a wok, heat oil over medium heat. Add garlic and fry until fragrant, then add carrots, turnips and and cabbage. Stir-fry for 3–5 minutes, then add black fungus and mushrooms and stir-fry for another minute.
- Add water and reduce heat to low. Leave to simmer, uncovered, until water is mostly absorbed. Season with salt and pepper and stir to mix well. Remove from heat, drain excess water and set aside to cool.
- On a lightly floured work surface, roll out dough to 0.5-cm (¹/₄-in) thickness. Arrange cooked vegetables on top of dough and fold sides in towards the centre, overlapping one side. Carefully flip dough over and leave to rest for 25 minutes. Preheat oven to 200°C (400°F).
- Using a fork, prick holes into dough. Brush lightly with olive oil and bake for 20 minutes, or until foccacia is light golden brown. Remove from heat and leave to cool before serving.

Per serve (69 g/slice)

Calories	135 kcal
Carbohydrate	26.3 g
Fat	1.7 g
Cholesterol	0 mg
Fibre	3.2 g

