

Sourdough Focaccia with Anchovies, Olive Oil & Oregano (Fluffy Italian Focaccia!)

Cooking Times & Servings

- **Active prep:** 25–35 minutes
 - **Fermentation/proof:** 6–12 hours (depends on starter + room temp)
 - **Bake:** 20–25 minutes
 - **Servings:** 12 squares (one **9x13-inch** pan)
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PART 1 — Make the Sourdough Starter (Lievito Madre in “Cream” Form)

(This is the easiest style for U.S. kitchens: 100% hydration starter = equal flour + water by weight.)

What you need

- **All-purpose flour** (or use 50% whole wheat for faster start)
- **Water** (room temp; filtered if heavily chlorinated)
- Glass jar + lid (lid resting on top, not airtight)

Day 1

- **¼ cup flour (about 30 g)**
- **2 Tbsp + 2 tsp water (about 30 g / 30 ml)**

Mix to a thick paste. Cover loosely. Let sit **24 hours** at **72–78°F**.

Day 2

Discard and keep **2 Tbsp (about 25 g)** starter. Add:

- **¼ cup flour (30 g)**
 - **2 Tbsp + 2 tsp water (30 g)**
- Mix, cover loosely, rest **24 hours**.

Day 3

Repeat Day 2.

Days 4–6 (Build strength)

When bubbles increase, feed **twice a day** (morning + evening):

Keep **2 Tbsp (25 g)** starter, then add:

- **¼ cup flour (30 g)**
- **2 Tbsp + 2 tsp water (30 g)**

When it's ready

Your starter is ready when it **doubles (or more)** in **4–6 hours** after feeding and looks airy and bubbly.

Quick “Recipe-Ready” Feeding (to get the 5.3 oz you need)

To make **150 g (5.3 oz)** active starter for this focaccia:

In a clean jar, mix:

- **1 Tbsp starter (25 g)**
- **½ cup + 1 Tbsp flour (75 g / 2.6 oz)**
- **5 Tbsp water (75 g / 2.6 oz / 75 ml)**

Let it rise at **75–78°F** until **doubled and bubbly** (usually **4–8 hours**).
Use **5.3 oz (150 g)** at peak.

PART 2 — Focaccia Recipe

Ingredients

Dough

- 4 cups all-purpose flour (*about 17.6 oz / 500 g*)
- 5.3 oz active sourdough starter, refreshed (*150 g; at peak*)
- 1 ¼ cups water, room temp (*about 10 fl oz / 300 ml*)
- 1 teaspoon sugar (*or honey or malt*)
- 2 ½ tablespoons extra virgin olive oil (*about 40 ml*)
- 2 teaspoons fine sea salt (*about 10 g*)

Topping

- 6–10 anchovy fillets (or more to taste)
 - 1–2 teaspoons dried oregano
 - 2–3 tablespoons extra virgin olive oil (for dimples + finishing)
 - Optional: flaky salt on top
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Instructions

1) Mix

1. In a large bowl, stir **water + sugar**.
2. Add the **active starter** and mix until loosened.
3. Add **flour** and mix until no dry flour remains.
4. Add **salt** and **2 ½ Tbsp olive oil**. Mix again until combined.
5. Cover and rest **20 minutes**.

2) Strengthen (Stretch & Folds)

Do **3 rounds** of stretch & folds every **20–30 minutes**:

- Grab one side of dough, stretch up, fold over—repeat around the bowl.

After the last fold, cover and let rise until **puffy** and **increased by ~50–75%** (usually **3–6 hours** at room temp).

3) Pan + Final Proof

1. Generously oil a **9x13-inch pan**.
2. Transfer dough to the pan and gently stretch it toward the corners.
3. Cover and proof until **very jiggly and bubbly** (typically **1–3 hours**).
If it resists, rest 15 minutes and stretch again.

4) Dimple + Top (classic focaccia look)

1. Drizzle **2–3 Tbsp EVOO** over the dough.
2. With oiled fingertips, press **deep dimples** all over.
3. Place **anchovy fillets** on top (whole or halved), lightly pressing some into dimples.
4. Sprinkle **oregano** in small clusters.

5) Bake

1. Preheat oven to **425°F** (or **400°F** if your oven browns fast).
 2. Bake **20–25 minutes** until **deep golden** and glossy.
 3. Cool **10–15 minutes**, then slice. (Cutting too early can make the crumb seem gummy.)
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Tips & Tricks (for the same thickness + airy crumb)

- **Don't rush the final proof:** you want the dough **full of bubbles** before baking.
- **Oil = shine + crunch:** a generous drizzle before baking gives the top that classic gloss.
- **Anchovies:** edges should look lightly roasted—not burned—so keep an eye after minute 18.
- **Want extra crisp bottom?** Put the pan on the lower rack for the last 5 minutes.

