

Fred's Food Co.



FRED'S FOOD Co. is a cozy sandwich shop that exists in the downtown core of Guelph, Ontario. We offer an ever changing menu of sandwiches, soups, salads and sweets. We also provide weekly brunch on Saturdays. FRED'S focuses on quality comfort foods with an emphasis on seasonal produce. Everything that is sold in the shop is made here, by us. We offer a relaxed atmosphere perfect for a quick bite or a prolonged lounge. Take-away, wholesale and catering options are also available.

Onion and Herb Focaccia

Ingredients

600 grams bread flour
225 grams whole wheat
20 grams kosher salt
20 grams sugar
15 grams instant yeast
80 grams olive oil
700 grams water, room temperature
75 grams minced onion
5 grams thyme, oregano or rosemary
Salt to taste
Extra olive oil for baking

Makes one sheet pan
Mixing: 5 minutes
Rising and Turns: 90 minutes
Proofing: 30 minutes
Baking: 20-24 minutes

Instructions

1. Add both flours, salt, sugar, yeast and herbs to a large bowl. Stir together to blend evenly. Add water and olive oil. Mix with your hands until you have incorporated all of the wet evenly, there shouldn't be any lumps of flour left, 3-4 minutes. The dough will be very wet. Add the onion and mix again until evenly incorporated, 1-2 minutes. Cover with plastic and let rise for 45 minutes.
2. At this point you will be stretching and folding the dough to help encourage gluten development and make the dough more elastic. Starting from the side of the bowl farthest from you, lift up about a third of the dough and fold towards you. Turn the bowl 180 degrees and repeat. Then turn the bowl 90 degrees and repeat the folding technique with the other two sides of the dough until it feels firmer than when you started. Cover again and let rise for 45 more minutes.
3. Repeat the stretching and folding technique outlined above and then allow the dough to rest for 10 minutes.
4. While the dough is resting, lightly oil a parchment or silpat lined baking sheet.
5. Scrape the dough out into the prepared sheet pan and drizzle with olive oil. Spread the dough as evenly as possible to all corners of the pan. Sprinkle with salt if desired and let proof uncovered for about 30 minutes or until it has doubled in size.
6. Meanwhile, preheat the oven to 425 Fahrenheit.
7. Bake in the bread in the oven for 20-24 minutes turning once, until your bread has developed a deep brown colour.
8. Remove the bread from the baking sheet immediately (careful, it will be very hot) and let cool completely on a cooling rack.
9. This bread will last for a day or two on your counter wrapped well in plastic, or can be frozen for at least a month.

