

Light prune focaccia



This focaccia recipe is easy to make and easy to adapt. Try adding herbs such as rosemary or thyme, caramelized onions or perhaps some chopped chilli. Depending on your triggers.

Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS



Ingredients

- 7g dry yeast
- 1tsp sugar
- 1tsp salt
- 40ml olive oil
- 350g gluten-free flour
- 3 sprigs of rosemary, 2 of them chopped
- 100g California prunes
- 12 cherry tomatoes
- Coarse sea salt

Pre-heat oven to 180

Dissolve yeast and sugar in 250 ml lukewarm water. Add 30 ml of olive oil. Mix flour with salt, chopped rosemary and prunes. Add the dissolved yeast and stir until smooth. Pour dough into a bowl and let rise for about 1 hour until it has doubled.

Knead the dough again and form a shape that fits into the pan. Using your knuckle, make indentations in the dough, then prick with fork.

Brush the pan with some of the olive oil and place the dough inside. Press cherry tomatoes into the dough. Drizzle with the remaining oil. Sprinkle with sea salt and rosemary.

Bake for 35 minutes. Cut the focaccia into pieces and serve.

Tip: Focaccia goes particularly well with rocket pesto.



Recipe supplied by Sunsweet, Growers Inc, Suppliers of California Prunes and Prune Juice