



Italian Chamber of Commerce of Ontario - 622 College Street - Suite 201 F - Toronto, ON - M6G 1B6  
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Italian Chamber of Commerce of Ontario (Italian offices) Milan - Udine - Verona



## The Authentic Italian Table – Il Panino Gourmet

Sept. 29, 2020

Chef Rob Gentile

### Buca: Focaccia Dough 78% Hydration

(Yield 775 g dough)

#### Ingredients:

|                 |  |
|-----------------|--|
| Bread Flour     | 450 g                                    |
| Sea Salt        | 10 g                                     |
| Instant Yeast   | 1 g                                      |
| Olive Oil       | 40 g (15 g for dough 25 g for finishing) |
| Milk            | 60 g                                     |
| Water           | 280 g                                    |
| Flakes Sea Salt | 10 g                                     |

#### What you will need at home:

1 deep 12" baking dish or aluminum pan.





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### Cooking Method

Pre heat oven to 425\* convection setting fan on high.

1. Start by adding wet ingredients first into mixing bowl (milk, water) reserving olive oil for later. Then dry ingredients (flour, yeast) on top of water. Reserving salt for later.
2. Add the sea salt last so that it doesn't mix with yeast. Note\* if using dry active yeast, follow directions on the package and proof in a small amount of warm water from the recipe amount.
3. Start mixer on speed 1 and allow to come together slowly. Once dough has formed add in reserved olive oil and salt. Mix for 2-5 minutes longer or until dough has reformed and dough has fully absorbed the olive oil.
4. Turn mixer to speed 2 and mix until dough comes away from the bowl completely. Approximately 5 more minutes.
5. Total mixing time 12-15 minutes.
6. Lightly flour dough inside bowl while on speed one, this will coat the inside of the bowl and help to remove the dough easily.
7. Place dough in a lightly olive oiled bowl, lightly oil surface of dough as well and cover with cling film.
8. Allow to rise at room temperature until dough has doubled in size approximately 6-12 hours depending on ambient temperature.
9. After dough has doubled in size fold 4 times on 4 sides rotating  $\frac{1}{4}$  turn each fold.
10. Turn dough over into olive oil lined baking dish or aluminum tray fold side down.
11. Allow to rise a second time at room temperature until doubles again approximately 2-4 hours.
12. Once dough has doubled a second time drizzle  $\frac{1}{4}$  of the (25g) olive oil over dough. With oiled fingertips dimple dough deeply  $\frac{3}{4}$  of the way into the depth of the dough. Drizzle another  $\frac{1}{4}$  of the olive oil into the dimples. Sprinkle flaked salt as you prefer.
13. Bake focaccia in the tray for 20 minutes. During the baking process you will lift and rotate the dough 2 times to ensure the focaccia is cooked evenly throughout: first



- after approx. 10 minutes of baking and then again after 15 minutes of baking. Each time you lift and rotate the focaccia, brush remaining olive oil evenly over the surface.
- Remove from oven when deep golden brown and cool on rack with tray underneath.

### Focaccia al Pomodoro

Fresh baked focaccia with DOP mozzarella di bufala, DOP pesto genovese, sliced heirloom tomatoes & tomato condimento.

|                    |            |
|--------------------|------------|
| Focaccia (5" x 8") | 1 piece    |
| Buffalo mozzarella | 125 g ball |
| Pesto genovese     | 30 g       |
| Heirloom tomatoes  | 2 whole    |
| Tomato condimento  | 20 g       |
| Olive oil          | 2 tbsp     |

#### *Build instructions*

- Pre heat oven to 350\*.
- Cut focaccia in half horizontally with a bread knife & warm in oven slightly until soft and aromatic.
- Slice DOP buffalo mozzarella & heirloom tomatoes ¼" thick.
- Spread generous amount of DOP pesto genovese on the top slice of focaccia & generous amount of tomato condimento on the bottom half.



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5. Layer tomatoes and mozzarella on bottom half of focaccia and drizzle generous amounts of DOP olive oil (don't worry if oil is dripping off that's how Italian panini are messy!).
6. Season tomatoes and mozzarella well with sea salt and enjoy!

### Focaccia ai Frutti di Mare

Braised baby octopus, DOP San Marzano tomatoes, 30 month Parmigiano Reggiano & sautéed rapini.

|                                    |         |
|------------------------------------|---------|
| Focaccia (5" x 8")                 | 1 piece |
| Bomba Sauce                        | 30 g    |
| Sautéed rapini with garlic & chili | ½ bunch |
| Marinated baby octopus             | 150 g   |
| Parmigiano Reggiano                | 30 g    |
| Olive oil                          | 2 tbsp  |

#### *Build instructions*

1. Pre heat oven to 350\*.
2. Cut focaccia in half horizontally with a bread knife & warm in oven slightly until soft and aromatic.
3. Spread bomba sauce generously over top half of focaccia & cooked rapini over bottom half of focaccia.
4. With a spoon add braised baby octopus over top of rapini & then spoon 30 month DOP Parmigiano Reggiano over top of the octopus.
5. Drizzle extra DOP olive oil to finish and enjoy!





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## Moscardini in Umido (Braised Octopus)

### Ingredients:

|                        |                  |
|------------------------|------------------|
| Baby Octopus           | 2 lb             |
| Tomato Passata         | ½ liter          |
| Olive Oil              | 1 tbsp           |
| Garlic cloves chopped  | 2 cloves         |
| Chili pepper chopped   | 1 piece          |
| Chopped Parsley        | 6 stalks stem on |
| White Wine (drinkable) | ½ cup            |
| Salt & Pepper          |                  |

### Cooking Method:

1. Bring small pot of water up to a boil.
2. Blanch baby octopus in hot boiling water for 10 minutes then strain and set aside.  
\*\*This will eliminate all the impurities and help with a cleaner sweeter tasting finished product\*\*
3. In a medium sized saucepan, heat olive oil over medium heat. Add garlic and chili pepper to oil and sweat out making sure you do not brown the garlic too much.
4. Deglaze the pan with white wine and add in remaining ingredients. Tomato passata, chopped parsley & blanched octopus.
5. Simmer on low heat for 1 hour or until the sauce thickens.
6. Taste before seasoning with salt and pepper, the octopus can impart a good amount of salt through the cooking process.
7. Once octopus are tender and can be cut with the side of a fork, they are ready.

