



ITALY

APPETIZER

[PRINTABLE RECIPE PDF](#)

Italian Focaccia Genovese

Focaccia Genovese is a traditional Italian flatbread originating from the coastal region of Liguria. Known for its soft, airy texture and rich olive oil flavor,

PREP

20 min

COOK

25 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **500 g** all-purpose flour - preferably Italian '00' flour
- **300 ml** warm water - about 37°C (98°F)
- **10 g** active dry yeast - or fresh yeast equivalent
- **10 g** salt - sea salt preferred
- **80 ml** extra virgin olive oil - plus extra for drizzling
- **1 tablespoon** fresh rosemary - finely chopped, optional
- **1 tablespoon** coarse sea salt - for topping

WHY THIS WORKS

About this recipe

A printable Italian Focaccia Genovese recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Focaccia Genovese is a traditional Italian flatbread originating from the coastal region of Liguria. Known for its soft, airy texture and rich olive oil flavor, this bread is often enjoyed as a snack or appetizer in Italian

ORIGIN & TRADITION

Mediterranean context

Focaccia Genovese is a traditional Italian flatbread originating from the coastal region of Liguria. Known for its soft, airy texture and rich olive oil flavor, this bread is often enjoyed as a snack or appetizer in Italian households and is commonly served with regional specialties like olives and cured meats.

METHOD

Step-by-step instructions

1

In a small bowl, dissolve the yeast in warm water and let it sit for about 5 minutes until frothy.

2

In a large mixing bowl, combine the flour and salt, then make a well in the center. Pour in the yeast mixture and olive oil. Mix until a dough forms.

3

Knead the dough on a floured surface for about 10 minutes until smooth and elastic. Place it in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

4

Preheat the oven to 220°C (425°F). Once the dough has risen, punch it down and transfer it to a greased baking sheet. Gently stretch it out to fit the sheet, using your fingers to create dimples all over the surface.

5

Drizzle with more olive oil, sprinkle with coarse sea salt and rosemary, if using, and let it rise again for about 20 minutes.

6

Bake in the preheated oven for 20-25 minutes until golden brown. Remove from the oven and allow to cool slightly before slicing.

CHEF'S TIP

For an extra touch of flavor, add sliced olives or cherry tomatoes on top before baking.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	7 g
Protein	7 g	Fiber	2 g
Carbohydrates	42 g	Sodium	400 mg

SERVING SUGGESTION

Serve warm or at room temperature, drizzled with additional olive oil, alongside olives, cheeses, or cured meats for a traditional Italian appetizer experience.

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