

Rosemary Focaccia Bread

Ingredients (makes 1 large loaf)

500g flour	6 tbsp good flavoured extra virgin olive oil
4 tsp salt flakes	3-4 sprigs fresh rosemary
1 x 7g sachet dried yeast	

- Mix the flour, 2 tsp salt and the yeast in a large mixing bowl.
- Add 3 tbsp of the olive oil and 280ml water and mix to a very soft dough.
- Turn the dough out onto a lightly floured work surface and knead for 10 minutes, until the dough is smooth.
- Lightly oil the bowl and return the dough to it, turning it over to coat with oil. Cover with a damp cloth and leave to rise for 2 hours – it should double in size.
- Knock back the dough and, on a lightly floured surface, roll out to fit a 35 x 26cm roasting tin or deep sided baking tray. Cover with a damp cloth and leave to rise for 1 hour.
- Dimple the top of the dough by pushing fingers deeply into it and then leave, covered, for another 45 minutes. Preheat the oven to 220°C (200°C fan, gas mark 7).



- Poke a small sprig of rosemary into each dimple, sprinkle with the remaining olive oil and salt and bake in the oven for 20-22 minutes, until risen and golden.
- Cool on a rack or eat while still warm!

You can find lots more delicious recipes online at alzheimers.org.uk/bakefordementia



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