

Vegetable- Omelet Focaccia

(Yield: 10 focaccias)

Grilled vegetables, eggs, and homemade bread combine to create filling and flavorful focaccias.

INGREDIENTS:

- 3 cups whole-wheat flour
- 1 cup white flour
- 1 tablespoon dry yeast
- 1½ tablespoons sugar
- 2 teaspoons salt
- 1½ cups warm water
- 2½ tablespoons oil

Topping:

- 1 small eggplant or squash, scrubbed
- 1 small onion, peeled
- 1 small tomato or red pepper
- salt
- canola oil, for brushing
- 2 eggs
- salt
- 2 sprigs fresh parsley



INSTRUCTIONS:

Mix all dough ingredients well with a mixer, adding oil last. Allow to rest and mix with mixer again for a few minutes. Cover and allow to rise for 30-45 minutes.

Meanwhile, slice the vegetables thinly and sprinkle with salt. Line a cookie sheet with parchment paper and brush it with oil. Place vegetables on the greased parchment paper and brush tops lightly with oil. Place pan on highest oven rack and turn broil/grill setting on low. Broil 15-18 minutes.

Beat eggs lightly with salt to taste; add grilled vegetables and gently mix until coated.

Preheat oven to 400°F (200° C).

Divide the dough into 10 pieces. Flatten each piece into a

round disc. Place on a cookie sheet lined with parchment paper. Spoon vegetable mixture over each one, about 2 tablespoons per focaccia (you can pile up the vegetables). Top with parsley. Bake 18-20 minutes.

Variations: For quicker preparation, create one large focaccia instead of small ones. Bake for 22-25 minutes. You may also use all 70% whole-wheat pastry flour. If using white flour, decrease the water to 1¼ cups.

Tip: Make one batch of dough from the whole-wheat onion bread recipe on page 48. Add 2 minced or grated onions to half the dough to make one onion loaf. Use the second half for focaccias.

Consult with your Rav regarding the minimum amount of flour that requires that challah be taken (without a brachah).