

BRYANNA'S PUMPKIN FOCACCIA

Makes one 11 x 15-inch focaccia

This is a delicious and nutritious version of focaccia, perfect for winter meals.

1 cup canned pumpkin puree (*or use mashed cooked pumpkin or other orange winter squash, **drained in a cheesecloth bag for several hours-- the draining is important!***)

1 1/2 tsp regular dry active yeast OR 1 tsp instant yeast

1 cup plus 2 Tbs. warm water (105-115°F)

4 cups unbleached white flour

1/4 cup **ground** golden flax seed

1/4 cup wheat bran

1 Tbs extra-virgin olive oil

2 tsp salt

TOPPING:

2 Tbs extra-virgin olive oil

1 tsp kosher salt

1/4 cup raw pumpkin seeds

IF YOU ARE MAKING THIS BY HAND, OR WITH A HEAVY-DUTY MIXER, stir the yeast into the warm water in a large mixing bowl, or bowl of your stand mixer. Let stand 5 minutes. Add the oil and pumpkin. Add the bran, flax, and salt, and then the flour in two additions. Mix until the dough comes together. Knead the dough for about 10 minutes, either by hand on a lightly floured surface, or with the dough hook of your heavy-duty mixer, until the dough is velvety, firm and slightly sticky.

IF YOU USE A FOOD PROCESSOR, mix the flour, salt, bran and flax seed in the processor bowl. While the machine is running, add the mixture of water, dissolved yeast, oil and pumpkin until the dough forms a ball on top of the blade. If it's too dry to come to a ball, add water a few DROPS at a time until it does. Process for 30 seconds.

IF YOU USE AN AUTOMATIC BREAD MACHINE, choose the Dough Cycle, which will mix and rise the dough, but not bake it.

FIRST RISE: Place the dough in a lightly oiled bowl, cover tightly with plastic wrap, and leave to rise until doubled, about 1 1/2 hours.

SHAPING AND SECOND RISE: Punch down the dough and roll it and pat it into a rectangle to fit a well-oiled 11 by 15" cookie sheet, and stretch the dough toward the edges. Cover with a damp towel, let sit for ten minutes, and then stretch a bit farther to the edges. Cover again and leave until doubled, about 45-60 minutes.

Preheat the oven to 425°F.

Just before you are ready to bake, dimple the dough with your fingertips. Brush with the olive oil, and

sprinkle the pumpkin seeds and salt over the dough. Bake for 20 minutes, or until golden. Remove from pans immediately and cut into 12 squares. Serve while warm and crispy, if possible.

Nutrition Facts:

Nutrition (per 1/12th): 236.9 calories; 26% calories from fat; 7.3g total fat; 0.0mg cholesterol; 474.8mg sodium; 176.4mg potassium; 36.4g carbohydrates; 3.6g fiber; 0.9g sugar; 7.3g protein; 4.6 points.