

Choco Fever Dream

Sourdough Discard Focaccia – Easy Homemade Bread

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Dough

- [ ] 1 cup sourdough discard (room temperature)
- [ ] 2 cups all-purpose flour
- [ ] 1/2 cup warm water
- [ ] 2 tbsp olive oil + extra for drizzling
- [ ] 1 tsp honey
- [ ] 1 tsp sea salt
- [ ] Zest of 1 lemon

Topping

- [ ] 2 tbsp fresh rosemary, roughly chopped
- [ ] 1 tsp flaky sea salt
- [ ] Optional: thinly sliced red onion or olives

Instructions

1. In a mixing bowl, combine sourdough discard, warm water, olive oil, honey, and lemon zest; stir until smooth.
2. Add flour and sea salt; mix until a shaggy dough forms, then knead gently for 2-3 minutes until just combined.
3. Cover the bowl with a damp towel and let the dough rest for 30 minutes; this relaxes the gluten.
4. Preheat oven to 220°C (425°F). Lightly oil a baking sheet, spread the dough onto it, and dimple the surface with fingertips.
5. Drizzle extra olive oil over the top, scatter rosemary, flaky sea salt, and any optional toppings.
6. Bake for 18-20 minutes, until the edges are golden and the top is crisp. Let cool slightly before cutting.

Nutrition per serving

250 kcal	6 g	38 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, dust the work surface lightly with flour and let it rest.
- For an extra crunch, sprinkle a little cornmeal on the baking sheet before placing the dough.
- You can double the rosemary for a stronger herb flavor.