

# Fiddlehead Focaccia



PREP TIME  
10 minutes

COOK TIME  
30 minutes

READY IN  
40 minutes



SERVINGS  
6-8

**FOREST  
INGREDIENTS**  
Fiddleheads

## *Ingredients*

Dough:

2 tsp rapid-rising yeast  
1 cup warm water  
2 Tbsp sugar  
3 ½ - 4 cups flour  
1 Tbsp coarse salt  
½ cup olive oil  
cornmeal for dusting

Toppings:

4 Tbsp olive oil  
½ cup fiddleheads  
½ red onion, sliced  
2 cloves garlic, minced  
10 kalamata olives, sliced

## *Steps*

- To prepare fiddleheads place in a bowl of water and refrigerate overnight. Before you start preparing the dough set the fiddleheads in a colander to drain.
- In a large bowl, proof the yeast by combining it with warm water and sugar. Stir gently to dissolve.
- Sift salt into the flour and slowly add to the yeast mixture. Stir well. Add the oil and continue to mix until dough begins to form. Knead until smooth and elastic, about 5 minutes, adding more flour as needed to keep it from becoming sticky.
- Form the dough into a round ball, placing it in an oiled bowl. Cover with damp towel or taught plastic wrap. Let rise in a warm area until doubled in size, about 45-60 minutes.
- Heat 2 tablespoons olive oil in medium

## FOREST FRESH ALASKA

½ cup shredded parmesan cheese  
1 Tbsp coarse sea salt

pan. Carefully add fiddleheads, sauteing them until they reach a pale green. Do not overcook. Place aside in separate bowl.

- Heat remaining 2 tablespoons oil to saute onion and garlic.
- Preheat oven to 400 degrees.
- Dust a baking sheet or stone with cornmeal. Once dough is doubled in size turn onto sheet. Roll or press dough to ½” of sides of sheet. Dimple the dough and brush with olive oil.
- Decorate with fiddleheads, onions, garlic and olives. Finish with parmesan cheese and salt.
- Bake for 15-20 minutes on bottom rack.

## *Notes*

What a beautiful way to welcome Spring! To make this focaccia gluten-free swap out the flour with 1:1.