

## Regional Italian Breads

### Preferment ( for one bread)

A	3.25	oz	Italian 00 Flour
B	0.05	oz	Instant Yeast
-	2	oz	Water

### Tuscan Bread

C	5.3	oz	Preferment
-	16	oz	Water
D	0.1	oz	Instant Yeast
E	26	oz	Italian 00 Flour

### Sicilian Bread

F	5.3	oz	Preferment
-	16	oz	Water
G	0.1	oz	Instant Yeast
H	13	oz	Italian 00 Flour
I	13	oz	Semolina Flour
J	0.5	oz	Salt
K	0.5	oz	Honey
L	0.5	oz	Olive Oil
M	1	oz	Sesame Seeds
N	3	oz	Egg Wash

### Focaccia Genovese

O	5.3	oz	Preferment
-	16	oz	Water
P	0.1	oz	Instant Yeast
Q	26	oz	Italian 00 Flour
R	0.5	oz	Salt
S	1	oz	Sugar
T	1	oz	Olive Oil
U	-	-	Olive Oil, Fresh Rosemary, Sea Salt

### **DF= Dusting Flour**

Watch video first, gather all ingredients, watch video again while cooking along. Pause/rewind, as necessary.

**Video Link: <https://tinyurl.com/italianbread920>**

(You must be logged into your Gio Culinary Studio account to view)