

Ingredients:

- * 1 kg flour 00
- * 20 g poppy seeds
- * 20 g sesame seeds (white)
- * 20 g sesame seeds (black)
- * 20 g flaxseeds
- * 20 g soybean sprouts
- * 600 ml water
- * 10 g fresh yeast
- * 20 g salt
- * 20 ml extra virgin olive oil

Instructions:

1. Start with the mixer running and gradually add yeast and flour, kneading until the dough absorbs all the
2. Add the poppy seeds, sesame seeds, flaxseeds, soybean sprouts, water, yeast, and salt. Knead until the
3. Let the dough rest for 10 minutes covered on the bench. Portion the dough into balls weighing 280 g and
4. When the dough ball has doubled, start stretching it by gently pushing the air from the middle towards the
5. Let the dough rest for 15 minutes, then gently stretch it again to help the dough reach the edges of the t
6. Let the dough rise for 1 hour and bake.
7. After baking, let the focaccia cool, cut in half like a panini, and if desired, grill for an additional 2 minutes
8. Fill the focaccia with the fresh salad, pulled pork, BBQ sauce, and dehydrated apples.