



Focaccia with Tropea Red Onions

Italy's Favorite

1-1/3 cup warm water, divided
1 (1/4 oz.) package active dry yeast
1 pound red sweet onions, sliced
1 Tablespoons olive oil
1-1/2 cups all purpose flour
2 cups bread flour
1-1/2 teaspoons salt
2 ounces honey
2 to 4 Tablespoons olive oil
Coarse salt; as desired

In a small bowl, place 1/4 cup lukewarm water (about 100 to 110 degrees); sprinkle yeast over water; stir with fork to dissolve. Set aside for about 5 minutes.

Meanwhile, Place sliced onion in 12 inch nonstick skillet with olive oil, sauté over low heat for about 10 minutes, stir occasionally. Set soft onions aside.

In a large bowl, stir together all purpose flour, bread flour, and salt.

Stir remaining water in mixing bowl, add honey, and dissolved yeast. Beat in the flour ingredients, adding a small portion at a time until a dough forms. Knead in remaining

flour until smooth ball of dough. Place in large greased bowl; turn dough over once. Cover; set aside in warm place to rise about 45 minutes to 1 hour.

Place about 1 to 2 Tablespoons oil in 16 inch round baking pan. Roll dough on lightly floured surface into 16 inch circle; Place into oiled baking pan; brush the top of dough with oil. Spoon the reserved onions over the entire top. Cover; let rise about 30 to 40 minutes.

Preheat oven to 450 degrees F. Lower heat to 425 degrees F. for about 20 to 25 minutes or until dough is golden brown and crispy. If desired, reduce oven heat to 400 degrees F. and for a soft crust, bake for shorter amount of time.

Remove from oven; sprinkle with coarse salt for additional flavor. Let rest about 20 minutes. Cut into serving square pieces. Yield: one 16 inch round bread Serves: 8 to 12

Cook's Note *What is a Tropea Onion? From Internet sources

The red onion from Tropea, Italy, (Italian: "Cipolla Rossa di Tropea") is a particular variety of red onion which grows in a small area of [Calabria](#) in southern Italy named "Capo Vaticano" near the city of Tropea.^[3] This onion has a stronger and sweeter aroma and the inner part is juicier and whiter than other red onions and it is possible to make a marmalade with it. In March 2008, the European Union registered the Protected Designation of Origin mark for the onions produced in this particular area.

These red onions are eaten raw in salads, cooked in sauces, roasted, grilled, placed on top of pizza, made into jam, and even added to ice cream!

The deep purple colored bulbs vary from round to oval to elongated. The onion's extraordinary sweetness, its delicate scent, its lightness and enjoyable taste derive from the morphological peculiarities of the soil and microclimate where it's grown making it a much sought after ingredient by gourmets and chefs.

About the Recipe: This focaccia with a sweet onion topping is large enough for a party. It's easy to mix up but it does require two rising times. It can be baked with a crisp or softer bread crust. The onion bread is a great accompaniment for soups, stews, or salads. Be wild and lightly spray it with Balsamic vinegar before serving.