

Whole Wheat Focaccia Bread in the Instant Pot

- 3 cups white whole wheat flour
- 2 cups all purpose flour
- 2 tablespoons wheat gluten
- 2 ½ teaspoons instant yeast
- 1 tablespoon sugar or honey
- 1 tablespoon salt
- 1 ¾ cups warm water (about 110°F)
- ¼ cup olive oil, plus 2 tablespoons for brushing the pan
- Italian seasoning
- flaky sea salt (such as Maldon)



INSTRUCTIONS

1. In the bowl of a mixer fitted with a dough hook attachment, add 2 cups whole wheat flour, 2 cups all purpose flour, wheat gluten, yeast, sugar or honey, salt, water, and ¼ cup olive oil.
2. Start mixing dough at medium speed. Slowly add last cup of whole wheat flour just until the dough pulls away from the sides of the bowl and let it knead for 5 – 6 minutes. If dough seems wet and is sticking to the sides of the bowl, sprinkle in a bit more flour, a tablespoon at a time, until it clears the sides. The dough should be soft and pliable and not leave a lot of sticky residue on your fingers when poked.
3. Scrape the dough onto a piece of parchment paper. Grab the corners of the parchment paper and place it inside the pressure cooker pot.
4. On the Instant Pot, select yogurt and adjust until it says “less”. Some models may say 24:00 when in this “less” mode.
5. Place the lid securely on top and allow it to rise for 20 – 25 minutes until almost doubled and puffy.
6. Pour 2 tablespoons of olive oil onto a 10×15 “ pan and use a pastry brush to cover the entire pan.

7. Punch down dough. Use the corners of the parchment paper to lift dough from pot and place dough onto the oiled pan.
8. Press the dough to spread it to the edges of the pan.
9. Flip the dough over and again press it to the edges of the pan. It's okay if it doesn't spread completely into the corners.
10. Use your fingers to make indentations in the dough, about 3 inches apart.
11. Cover with plastic wrap and allow the dough to rise until doubled in size. This will take about 40 minutes.
12. Preheat the oven to 425°F.
13. Note: I like to set the pan on the stove top while the oven preheats. The warmth helps it to rise a bit quicker.
14. When dough has doubled in size, gently remove the plastic wrap. Generously sprinkle the top with Italian seasoning and flaky sea salt.
15. Bake for 15 – 18 minutes, until golden brown.
16. Cut into squares and serve warm.

NOTES

- White whole wheat flour is a lighter tasting wheat flour. I don't suggest using red wheat flour for this recipe.
- I have not tried substituting all of the flour for all white flour or all white whole wheat, but I believe either would work.
- If you don't have a 10×15 in. pan, this will likely work in a 9×13 pan, it will just be thicker and might need a few extra minutes of cook time.
- If not using the Instant Pot to quick rise the dough, place the dough in a greased bowl and cover with greased plastic wrap. Let rise until doubled, about 45 – 50 minutes.
- Use the leftovers to make my favorite Focaccia Turkey Sandwich (instructions for that in the post)