



SFIZIO CROCK

The ideal mix for light and crispy
pizza and focaccia

**Simple and
practical**

Personalisable

**With
sourdough**

irca

SINCE 1919

Why choose SFIZIO CROCK



Pack: 10 kg sacks - **Cod:** 01080463

Personalise your dough with our tastiest mixes



GRAN RUSTICO - Cod. 01080079

With wholemeal flour, spelt, oats, sesame and sunflower seeds.

GRAN MEDITERRANEO - Cod. 01080190

With capers, olives, rosemary and oregano for rediscovering the most traditional Italian flavours.

VITAM AIS EASY - Cod. 01080457

With maize flour, sunflower seed and extra virgin olive oil for rich, tasty results.

Roman Focaccia – Quick recipe

SFIZIO CROCK	g 1.000
Soft wheat flour (medium strength – 200/220 W)	g 1.000
Salt	g 30
Yeast	g 30
Extra virgin olive oil	g 30
Water	g 1.400-1.500*

*the amount of water varies depending on the absorption of the flour used

KNEADING

- Time: 16 min approx.
- Temperature: 26 °C

METHOD

- Mix the ingredients together with 1 l of water. Once the dough has been kneading for 3-4 min on 2nd speed in a spiral mixer, gradually add the remaining water until fully absorbed.

RESTING AND LEAVENING

- Rest the dough for 45 min at 25°C. Divide into 800/900 g portions and shape into ovals.
- Leave to rise at 28°C for 2/3 hours.

WORKING AND BAKING

- Flatten and stretch each piece of dough using your fingers
- Place the focaccia on a baker's peel, eliminate excess flour, drizzle with extra virgin olive oil and sprinkle with salt.
- Bake in the oven at 260/270°C for 9 min until it has a rich golden colour.



Tips

from IRCA Ambassadors:

- ✓ Add the water gradually so it is absorbed slowly by the dough, which guarantees perfect results with the uneven cell structure typical of focaccia.
- ✓ After dividing into portions, and before leavening, place the boxes with the closed side facing upwards so that the smooth part of the dough is to hand when it comes to filling.
- ✓ Leavening: you can adapt the dough to the cycle of the retarder-proofer.
- ✓ Baking: you can adapt the time and temperature parameters to the equipment available and to your own production requirements.
- ✓ Not just Roman focaccia! Try SFIZIO CROCK for Genoese and Tuscan focaccia, and for traditional pizza too. Turn the page and discover the recipe.



Stefano Passannante

Tested by Alessandro Raffi

The champion recommends filling SFIZIO CROCK with the ingredients that earned him the Italian "Pizza in pala" championship title in 2019.

The winning topping

Stracciatella di burrata
Smoked tuna carpaccio
Grated lemon rind
Rocket emulsion



Pizza slices with SFIZIO CROCK

FOR THE DOUGH	
SFIZIO CROCK	g 1.000
Soft wheat flour (medium strength – 200/220 W)	g 1.000
Salt	g 20
Yeast	g 40
Extra virgin olive oil	g 40
Water	g 1.000-1.100*

*the amount of water varies depending on the absorption of the flour used

FOR THE TOPPING	
Tomato sauce	g 600
Diced mozzarella	g 350/400

KNEADING

- Time: 11 min approx.
- Temperature: 26 °C

RESTING AND LEAVENING

- Knead all the ingredients together (spiral mixer) until you have a smooth, uniform dough.
- Leave to rest for 20 min. Divide into portions and rest for 15 min then leave to rise at 30°C for 20 min.

WORKING AND BAKING

- Flatten and stretch each piece of dough using your fingers, prick and leave to rise at 30°C for 40 min.
- Spread the tomato sauce, seasoned as desired, over the dough and bake at 250°C for 15 min.
- Remove from the oven, scatter the mozzarella on top and return to the oven for a few minutes until the cheese melts.



Discover the recommended combinations and other recipes by scanning the QR Codes:

Video tutorial



Genovese focaccia



Neapolitan style pizza



Tuscan schiacciata

