Sardine, Tomato and Onion-Stuffed Bread

1 round stuffed bread, cut into 4 generous wedges · Active 40 min · Total 2 hr 30 min

Skills: Moderate

Ingredients

- 2 1/2 cups all-purpose flour (300 g)
- 1 teaspoon instant yeast (3 g)
- 1/2 teaspoon fine salt (3 g), divided
- 3/4 cup lukewarm water (180 ml), about 100°F/38°C
- 2 tablespoons olive or neutral oil (30 ml), divided
- 1 large onion (200 g), thinly sliced
- 1 can chopped tomatoes, 14 oz/400 g, with juice
- 2 cans sardines in water or oil, 3.75 oz/106 g each, drained (about 160 g drained total)
- 1/2 teaspoon dried oregano (0.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Mixing bowl, Large skillet, Baking tray, Baking parchment, Rolling pin, Food thermometer

Allergens

Fish, Wheat. Check labels and substitutions.

Make it

1. Mix flour, yeast and half the salt. Add lukewarm water and 1 tablespoon/15 ml oil. Knead for 6–8 minutes until smooth. Cover and let rise in a warm place for about 60–75 minutes, until puffy and roughly doubled.

2. Meanwhile heat remaining oil in the skillet over medium-low heat. Cook onion for 8 minutes. Add tomatoes, oregano, remaining salt and pepper and simmer uncovered for 15–20 minutes, stirring, until thick. Fold in drained sardine flakes. Spread on a plate and cool for about 20 minutes; keep total room-temperature holding under 2 hours.

3. Heat oven to 400°F/200°C and line the tray. Divide the risen dough in half. Roll each half to an 11-inch/28 cm round. Put one on the tray.

4. Spread the cooled filling over the lower round, leaving a 3/4-inch/2 cm border. Dampen the border lightly with water, cover with the second dough round and press edges firmly together. Crimp, then cut three small steam slits in the top.

5. Bake for 25–30 minutes until golden, the underside is baked and the filling reaches 165°F/74°C. Rest for 10 minutes, then cut into four wedges.

Drain before sizing the fish portion

Cans include water or oil. The filling uses the drained fish weight, so compare the actual packs available and measure what goes into the bread.

Ingredient labels

Check the sardine packing oil and other can ingredients for additional allergens.

A useful detail

The 135-minute total allows a normal 60–75 minute rise and overlaps filling preparation with it. A cold room can extend the rise. Very hot water can damage yeast, so use lukewarm water.

Keep it well

Cool wedges promptly in a single layer and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep covered at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout. Freeze cooled wedges for up to 1 month and thaw in the refrigerator before reheating.