

PIZZA

Ingredients:

For the base:

300g strong flour
1tsp instant yeast
1tsp salt
1tsp olive oil

For the sauce:

Dolmio stir in sun-dried
tomato sauce

For the topping:

200g grated cheese
Pepperoni
Red and green pepper
OR
Ham
Pineapple
OR
Ham
Mushroom



Basil, oregano, salt and pepper to season.

Equipment:

1 chopping board
Sharp knife
Spoon
Sieve
Wooden spoon
Mixing bowl
Flour dredger
Rolling pin
Pizza tray

Method:

1. Pre-heat oven to 240°C/ gas 8.
2. Sieve flour into mixing bowl.
3. Stir in yeast and salt.
4. Make a well, pour in 200ml warm water and olive oil, mix together with wooden spoon until it forms a sticky/ wet dough.
5. Flour the surface and knead for 5mins. Cover with tea towel or cling film, leave to prove for 2hrs.
6. Prepare the toppings e.g. wash, peel, chop.
7. Take out the dough and knock it back (using your knuckles or the heel of your hand) then roll out the dough.
8. Use the rolling pin to transfer the dough onto the pizza tray.
9. Spread the sauce on top (use the back of the spoon to spread evenly over the dough, do not go all the way to the edge as the sauce might leak over the edge in the oven) add seasonings.
10. Cover with half of the grated cheese.
11. Add toppings (push the pepperoni/ ham down into the cheese as opposed to leaving it sit on top otherwise it will burn).
12. Sprinkle the remaining grated cheese on top.
13. Bake for 10mins.

*Proving yeast base dough means leaving it to sit in the correct conditions in order for it to double in size.

*knocking back the dough mean removing the air bubbles to give a smooth even texture.

*Dolmio sauce can be substituted for BBQ sauce, buffalo sauce or a healthy homemade alternative.