

Basic Pizza Dough

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 1 cup lukewarm water
- 4 teaspoons dried yeast
- 1 teaspoon sugar
- 4 teaspoons extra virgin olive oil, plus extra for greasing
- 400g plain flour, plus extra for flouring benchtop
- 1 teaspoon salt

Equipment:

- Metric measuring scales, cups and spoons
- Mixing bowls
- Fork
- Pastry brush
- Chef Knife

Method:

1. Place the lukewarm water, yeast and sugar in the small bowl, mix with the fork and leave in a warm place for 5-10 minutes until the mixture looks frothy.
2. Add the oil to the yeast mixture and mix well.
3. Combine the flour and salt in a large mixing bowl and make a well in the centre. Add the yeast mixture and oil.
4. Use a butter knife to mix until combined. Use your hands to then bring the dough together in the bowl.
5. Turn the dough onto a lightly floured surface and knead for 10 minutes until smooth and elastic. Shape dough into a round ball.
6. Brush the inside of a large bowl with a little of the extra virgin olive oil, then place the dough into the oiled bowl.
7. Cover with a clean, dry tea towel and put it in a draught-free place until the dough has doubled in size. This process, which is called '*proving*', will take 30 minutes to an hour.
8. While the dough is proving you can prepare your toppings.
9. Once the dough has proved it is ready to roll out and assemble the pizza.