



Pizza Dough

Recipe Source: Dimitra Alfred, Kitchen Specialist, Stanmore Public School

Makes enough dough for 4 pizzas

Equipment	Ingredients
Metric measuring scales	Dough:
Metric measuring spoons	400ml water
Metric measuring jug	1 tablespoon honey
Mixing spoon	7g instant dry yeast (1 sachet)
2 large mixing bowls	2 cups white plain flour, plus extra for dusting
Wooden spoon	2 cups wholemeal plain flour
Plate scraper or spatula	1 ½ teaspoons salt
Plastic wrap	olive oil for brushing and oiling bowl
Tea towel	rice flour
Four lightly oiled pizza trays or shallow oven trays, sprinkled with rice flour	Toppings: cheese, basil, tomato passata, olives or whatever you like!

What to do:

1. Pour the water into the small saucepan and heat over medium low heat (no.5) until warm – just dip your finger into the water and it should feel warm, not too hot and not too cold.
2. Remove from heat.
3. Add the honey and yeast, stir to dissolve.
4. Add the white and wholemeal flours to the large mixing bowl.
5. Add the salt to the flours and stir with the wooden spoon to combine. Make a well in the centre.
6. Pour the water mixture into the well. Stir with **one** hand (the other holding the bowl) to mix the flour and water to a soft sticky dough.
7. Sprinkle **a little** flour over the bench. Rub your hands together to remove the excess dough.
8. Tip the dough onto the bench and use your hands to squash the dough together into one lump. Knead for 5 minutes, only sprinkling it with flour if it feels too sticky.

9. Lightly oil a large mixing bowl and place the dough into the bowl, turn over the dough to ensure it is covered with oil, cover it with plastic wrap and leave it for 1 hour on the bench to double in size.

Shaping the dough:

10. Preheat oven to 240C.
11. Punch the dough down once to release the air, then knead for 30 seconds.
12. Divide dough into 4 pieces.
13. Shape each piece into a ball and then set aside to rest for a few minutes while you prepare your toppings.
14. Roll dough out into a round disc about 5mm thick to fit the prepared trays.
15. Place onto prepared oven trays.
16. Bases are now ready to be topped.
17. Bake two pizzas at a time in preheated oven for 8 minutes, check and rotate trays and bake a further couple of minutes or until pizza bases are cooked and cheese is bubbling.
18. Repeat with remaining pizzas.