



Pizza Dough

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Harvest –

Vocab Words – yeast, sachet, foamy, make a well, thirds, knock-back, disc

Skills – make a well, use knife to mix, knead, knock-back dough, use rolling pin

Equipment:	Ingredients:
<ul style="list-style-type: none">· Metric measuring cups and spoons· Chopping boards and grips· Compost bowls· Knives· Small bowl· Pastry brush· Large bowl· Round-bladed knife· Rolling pin/s· 3 x baking trays lined with baking paper	<ul style="list-style-type: none">· 375ml (1 ½ cups) warm water· ½ teaspoon caster sugar· 7gm sachet dried yeast, or equivalent fresh yeast· 600gm (4 cups) plain flour (or strong high-protein flour for breads and pizza), plus extra for kneading· 1 teaspoon salt· 60ml (¼ cup) olive oil, plus extra for brushing

What to do:

1. Prepare all ingredients based on instructions in the 'Ingredients' list.
2. Combine the water, yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy.
3. Combine the flour and salt in a large bowl. Make a well in the centre. Add the yeast mixture and oil.
4. Use a round-bladed knife in a cutting motion to mix until combined, and then gently use your hands to bring the dough together. Turn the dough onto a lightly floured surface and knead for 10 minutes or until smooth and elastic.
5. Brush a bowl lightly with oil and place the dough in it. Turn the dough to coat in oil. Cover with a clean tea-towel or plastic wrap and set aside in a warm, draught-free place to rise for 30 minutes or until dough doubles in size.
6. Knock back the dough by punching it to remove air. Remove from the bowl and divide the dough into thirds. Using a rolling pin roll dough out on a floured surface until you have a 20cm disc. Carefully transfer to a baking tray. Top with your favourite toppings and bake.

Notes: you can prepare this recipe up to 1 hour before serving. You can even prepare and rise the dough and then refrigerate it for 2-3 days.