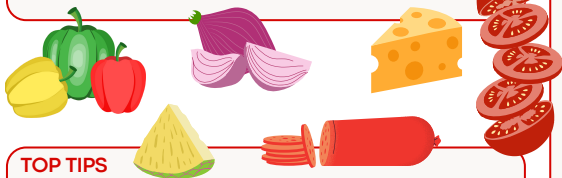


INGREDIENTS

- 350 grams strong white plain flour(extra for dusting)
- 1 teaspoon(tsp) of salt
- 2 tablespoons (tbs) extra virgin olive oil (extra for greasing)
- 1x 7 gram sachet of easy blend yeast
- 225 ml of warm water



TOP TIPS

You can also use a food processor with the dough attachment – follow steps 1 and 2 overleaf and then with the motor running, slowly add the oil and water mixture. You can do this by hand adding a little water at a time, and mixing until you get a stretchy dough. Knead for 5 minutes in the machine

You can make the dough overnight, and put it in the fridge – it will still rise

THE SCIENCE

Kneading Dough

You need to knead (!) dough for two reasons. One is to combine all the ingredients, and the other to encourage the gluten in the flour to stretch out its molecules. This helps incorporate air into the dough to make sure your pizzas or bread have a nice texture and aren't just flat like pastry

As you knead, you will start to feel the difference, as the dough becomes smoother and more elastic

Start by forming the dough into a fat sausage. Hold the bottom half with one hand, and with the heel of the other hand push the top of the sausage away from you

Turn the dough a quarter turn and repeat. Really push down and work the dough – it will give your muscles a good work out!

Yeast is a living single cell organism, part of the fungi family. Like all living things it needs to eat to make energy. In the dough, it is using (eating!) the ingredients that you put in, and the starches in the flour to make energy, which in turn produces carbon dioxide. This is the same gas that you breathe out. The carbon dioxide creates air bubbles in the dough to make it rise. The nice smell that you get when baking bread come from the yeast.

RECIPE CARD

Pizza

DIRECTIONS

- 1 Put the flour, yeast and salt into a bowl
- 2 Mix the oil and water in a jug
- 3 Add half the oil and water mixture and stir with a wooden spoon until the dough starts to come together
- 4 Add enough of the oil/water to make a dough
- 5 Start working on it with your hands to bring it all together
- 6 Turn it out onto a floured surface and knead for around 10 minutes
- 7 Once the dough is nice and stretchy, put it into a clean bowl, that you have oiled
- 8 Cover with a tea towel or cling film and leave for 1 hour in a warm place
- 9 Once the dough had doubled in size, punch it with your fist
- 10 Turn out onto a floured surface and knead again for a couple of minutes
- 11 Divide into two (or into 4 for smaller pizzas) Roll into a ball
- 12 Start pressing it down with your hands to make a circle around 25 cm across
- 13 Put on your toppings, and then bake at 200 degrees for 10 to 12 minutes until the base is crispy and the cheese is melted and bubbling
- 14 Be careful when you eat it, it will be very hot!!

