



BASIC PIZZA DOUGH

Season:	All
From the garden:	Herbs (optional)
Type:	<i>Snack / main</i>
Difficulty:	<i>Easy</i>
Country of origin:	Italy
Serves:	<i>8 adult serves or 30 tastes</i>
Source:	<i>Adapted from Stephanie Alexander's "Kitchen Garden Cooking with Kids" (Penguin Lantern 2006)</i>

Note - this dough quantity is enough for two pizzas. Make a batch in advance as it will need time to rest.

Equipment

- *Small bowl*
- *Fork*
- *Measuring cup*
- *Measuring spoons*
- *Large bowl*
- *Pastry brush*
- *Clean tea towel*
- *Rolling pin*

Ingredients

- * *1c lukewarm water*
- * *1 Tbsp instant dry yeast*
- * *1 tsp sugar*
- * *1 Tbsp extra-virgin olive oil plus extra for greasing*
- * *400g (2 ⅔ c) plain flour, plus extra for dusting*
- * *1 tsp salt*
- * *Fresh herbs from the garden (optional)*

Method

1. Activate the dry yeast by mixing it with the water and sugar in a small bowl. Use a fork to mix.
2. Leave it in a warm place and set a timer for 5-10 minutes. The mixture will start to look frothy as the yeast ferments the sugar into carbon dioxide.
3. Once 5-10 minutes has passed, add the oil to the yeast mixture and mix well.
4. Place the flour and salt in a large bowl. Make a well in the centre.
5. Add the yeast mixture into the well.
6. If using fresh herbs from the garden, wash and dry the sprigs, remove leaves, chop into small pieces (or use whole leaves if small) and add them to the mixture.

7. Use your hands to incorporate the yeast mixture into the flour until the dough clings together and feels springy.
8. Tip the dough onto a clean, dry, floured work bench and knead for at least 8 minutes until the dough looks smooth.
9. Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
10. Cover the bowl with a tea towel and put it in a draught-free place until the dough has doubled in size (at least 1 hour). This rise is called 'proving'.
11. Tip the dough onto the workbench and knead briefly. Shape into a ball, return it to the bowl, cover with the tea towel and leave for at least 20 minutes.
12. While the dough is proving you can prepare your toppings.
13. Once the dough has proved for the second time, roll it out and assemble the pizza.