

Pizza dough

Ingredients

500g 00 flour

7g yeast (1 sachet)

1 teaspoon salt

1 to 1 ¼ cup of lukewarm water (not too hot as it kills the yeast)

What to do

1. Place yeast into a jug with the water and stir to dissolve yeast.
2. Place flour into a large bowl, add salt and add yeast and water mixture.
3. Start to mix together and if too dry, slowly add some water until it binds altogether easily to form a ball.
4. Knead onto a floured bench for a few minutes until dough is smooth.
5. Place back into the bowl, cover with cling wrap and a tea-towel and place in a warm spot.
6. Allow 2 hours to rise and doubled in size.
7. This makes around 3 – 4 pizzas so cut evenly into 3 or 4 balls.
8. Place olive oil onto the bottom of a pizza tray or baking tray.
9. Stretch dough with your fingers gently and place onto the tray and stretch out further on the tray.
10. Add a basil pesto for a pizza 'bianca' (white pizza) or tomato pizza sauce for a pizza 'rossa' (red pizza).