

Basic Pizza Dough

Season: All

Type: Basics

Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 8 at home

Recipe Source: Adapted from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

Pizza is a great dish at any time of the year, and once you've mastered the basic techniques you can use this dough and experiment with toppings based on any ingredients that are in season.

Note: This dough quantity is enough for two pizzas.

Equipment:

metric measuring scales, cups and spoons
bowls – 1 small, 2 large
fork
electric mixer with a dough hook
pastry brush
2 pizza stones, or 2 × 28 cm pizza trays
pizza peels or baking trays
(if using pizza stones)
wide egg lifter
large board for serving pizza
kitchen knife

Ingredients:

1 cup lukewarm water
4 teaspoons instant dry yeast
1 teaspoon sugar
4 teaspoons extra virgin olive oil,
plus extra for greasing
400 g plain (all-purpose) flour,
plus extra for flouring
1 teaspoon salt
2 tablespoons semolina flour
(if using pizza stones)

What to do:

To make the dough:

- Place the water, yeast and sugar in the small bowl, mix with the fork and leave in a warm place for 5–10 minutes until the mixture looks frothy.
- Add the oil to the yeast mixture and mix well.
- Weigh the flour then place it, along with the salt, into the bowl of the electric mixer. Add the yeast mixture and beat for at least 8 minutes until the dough looks smooth.
- Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
- Cover with a clean, dry tea towel and put in a draught-free place until the dough has doubled in size. This process, which is called 'proving', will take at least 1 hour.
- Tip the risen dough onto the workbench and knead briefly, then shape into a round ball, return to the bowl, cover with the tea towel, and leave, this time for at least 20 minutes.
- (While the dough is proving you can prepare your toppings.)
- Once the dough has proved for the second time it is ready to roll out and assemble the pizza.