



PIZZA BASE

INGREDIENTS

MAKES 4 BASES

- 500g plain flour
- 2 tsp dried yeast
- 2 tsp salt
- 1 tbsp olive oil
- 250ml lukewarm water

EQUIPMENT

- Knife

NOTE

To test yeast.

Mix 2 tsp flour in a large bowl with 3 tbsp lukewarm water.

Sprinkle 7g fresh yeast or 2 tsp of dried yeast over the top and stir to dissolve.

Leave in a draught-free spot to activate. If the yeast does not bubble and foam in 5 mins it is dead, so throw it away and start again.

*Recipe by Sophie Braimbridge

INSTRUCTIONS

1. Put plain flour, yeast, salt, olive oil and water in a large bowl (or food mixer with dough hook).
2. Mix to form a dough (add a little extra water if required) turn out onto a floured surface and knead for about 5 mins.

For pizza base, the dough does not have to be kneaded as it does for bread as it will be rolled out thinly and doesn't need to rise as much.

3. Roll into a large ball, smear with a light cover of oil to prevent it drying out and put it back in the bowl.
4. Cover with a tea towel and leave in a draught-free spot for about 2 hours or until doubled in size.
5. Knock back the dough by punching your fist into the middle of it. This deflates the air bubbles.
6. Turn the dough out onto a lightly floured work surface and divide into four portions.