

# PIZZA DOUGH

## NOTES TO STUDENTS and VOLUNTEER:

1. You are making the dough for the next class.
2. Work as a team to make this recipe.
3. Collect all equipment and measure all ingredients first before commencing making this recipe.
4. Focus on accurate measuring and kneading skills.

### Equipment:

- Large glass bowl
- fork
- measuring jug
- measuring cups
- measuring spoons
- large mixing bowl
- pastry brush
- clean tea towel

### Ingredients:

- 1 tbsp dry yeast
- 2 tsp caster sugar
- 2 cups **luke** warm water
- 5 cups plain flour
- 2 tsp sea salt
- 2 tbsp olive oil
- Extra olive oil

### To make the dough:

- Place the water, yeast and sugar in the measuring jug.
- Mix with the fork and leave for 5–10 minutes until the mixture is frothy.
- Add the olive oil to the yeast mixture and mix well.
- Place the flour, salt and yeast mixture in a large bowl and knead for at least 8 minutes, until the dough looks smooth.
- Brush the inside of a large glass bowl with a little extra olive oil, using the pastry brush.
- Turn the pizza 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, called 'proving', will take at least 1 hour. **Now complete the instructions below for the group preparing the pizza topping.**
- Tip the risen dough onto the workbench and knead briefly, then shape it into a ball and return it to the bowl.
- Cover the bowl with the tea towel again, and leave for at least 20 minutes.

### To prepare the pizza base:

- Preheat oven to 220°C.
- Divide the dough into 4 equal portions (weigh the dough using kitchen scales). Roll out the dough on a lightly floured surface (marble board) to fit the pizza tray.
- Lightly flour the pizza tray.
- Place the dough on top of the trays, ready for the pizza topping the other group has prepared.