

Pizza Dough

Ingredients

250ml warm water
2 tsp yeast
2 tsp sugar
400g plain flour
2 tsp salt
2 Tbs oil



What to do:

- 1) Preheat oven to 220c
- 2) Measure warm water into a jug, add yeast and sugar. Mix with a fork and set aside for 5-10 minutes until frothy
- 3) Sift flour into a large bowl
- 4) Add salt and oil
- 5) Make a well in the centre and add the yeast mixture
- 6) Combine the dough using a table knife in a cutting motion, then use your hands. Add a little more flour if dough is too wet
- 7) Turn dough mixture onto a lightly floured bench
- 8) Divide the dough so that each person has a ball (should be enough for 8 portions)
- 9) Knead for about 10 minutes using the "Push, Push, Fold, Turn" method
- 10) Brush two baking trays with a little oil. Place your icy pole stick into your dough ball and place onto the tray. Prove in a warm place for as long as you can
- 11) Prepare the Pizza Toppings
- 12) On a lightly floured bench, each student can roll out their dough into a circle of even thickness between 5mm-1cm thick
- 13) Line baking trays with baking paper
- 14) Transfer dough to trays. Make sure to add the icy pole stick to the pizza base so we can identify them
- 15) Students can spread their base with pizza sauce or garlic paste, then arrange their toppings
- 16) Bake Pizza in the oven for 15 minutes until cooked and golden
- 17) Serve and enjoy

Pizza of the Imagination

Topping ingredients

Tomato pizza sauce

Garlic paste

Zucchini – thinly slice or grate

Mushroom – thinly slice

Tomato – dice into small pieces

Capsicum – thinly slice

Olives – chop in half

Spring onion – finely slice

Kale – wash well, spin dry, finely shred or tear into pieces

Potatoes – peel, wash, slice thinly and microwave for 3 minutes or more until soft

Basil and oregano- wash, spin dry, tear leaves over the top of the pizza

Rosemary and sage- wash, spin dry, finely chop and sprinkle over the pizza

Tasty cheese – grate

Students should choose 3 or 4 fresh ingredients for their pizza.

They can use either the tomato sauce or garlic paste. Or both.

Try and prepare only the ingredients that will be used in the class and save the rest for other classes.

Some suggested topping combinations are:

Tomato pizza sauce, zucchini, fresh tomato, spring onion, basil and cheese

Tomato pizza sauce, mushroom, capsicum, olives and cheese

Garlic paste, cooked potato, rosemary, sage, cheese and a pinch of nutmeg

Garlic paste, mushroom, spring onion, shredded kale, basil and cheese