



# Basic Pizza Dough

**SERVES:** 2 pizza bases

## **INGREDIENTS:**

- 1 cup lukewarm water
- 1 tbsp instant dry yeast
- 1 tsp sugar
- 1 tbsp extra-virgin olive oil, plus extra for greasing
- 400g plain flour, plus extra for dusting
- 1 tsp salt



## **METHOD:**

1. Activate the dry yeast by placing it with the water and sugar in the small bowl and mixing with the fork. Leave it in a warm place for 5-10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide
2. Add the oil to the yeast mixture and mix well
3. Place the flour and salt into a large bowl. Create a well in the centre
4. Add the yeast mixture into the well
5. Use your hands to incorporate the yeast mixture into the flour until the dough clings together and feels springy
6. Tip the dough onto a clean, dry, floured workbench and knead for at least 8 minutes until the dough looks smooth
7. Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl
8. Cover the bowl with a tea towel and put it in a draught-free place until the dough has doubled in size (at least 1 hour). This rise is called 'proving'
9. Tip the dough onto the workbench and knead briefly. Shape it into a ball, return it to the bowl, cover with the tea towel, and leave for at least 20 minutes
10. While the dough is proving you can prepare your toppings
11. Once the dough has proved for the second time, roll it out and assemble the pizza