



# Pizza Dough

Makes 8 Child Sized Portions

*Preparation time: 60 minutes*

*Cooking time: 7 to 10 minutes*

*Preheat oven to 350°F (175°C)*

**Common allergens: wheat**

### Equipment List

- Large bowl
- Measuring cups and spoons
- Fork
- Kitchen towel or plastic wrap
- Rolling pin
- Pizza pan

### Nutrition Information

Calories	78.8 calories
Total Fat	3.7 g
Saturated Fat	0.5 g
Sodium	366.7 mg
Carbohydrate	9.8 g
Fibre	0.6 g
Protein	1.7 g
Sugar	1.7 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
White bread flour		
Or 2 ¼ cups (550 mL) white bread flour and 2 cups (500 mL) semolina flour	4 ¼ cups	1.05 L
Fine sea salt (or table salt)	1 ¼ tsp.	6 mL
Envelope active dried yeast	¼ oz.	7 g
Brown sugar	1 tbsp.	15 mL
Water, lukewarm	1 ¾ cups	425 mL
Olive oil, for greasing the bowl and the pan	2 tsp.	10 mL

### Instructions

1. Pile the flour and salt on to a clean surface and make a 7-inch well in the centre. Add yeast and sugar to the lukewarm water, mix up with a fork and leave for a few minutes, then pour into the well.
2. Using a fork and a circular movement, slowly bring in the flour from the inner edge of the well and mix into the water. It will look like thick oatmeal. Continue to mix, bringing in all the flour. When the dough comes together and becomes too hard to mix with your fork, flour your hands and begin to pat it into a ball.
3. Knead the dough by rolling it backward and forward, using your left hand to stretch the dough toward you and your right hand to push the dough away from you at the same time. Repeat this for 10 minutes, until you have a smooth, springy, soft dough.
4. Place the dough in a lightly greased bowl. Cover with a kitchen towel or plastic wrap and let double in size for about 45 minutes.
5. Turn dough out onto a well floured surface. Form dough into a round and roll out into a pizza crust shape. Place on pizza pan and cover with sauce and toppings and bake in preheated oven until golden brown, about 20 minutes.

*Recipe taken from Jamie Oliver's Food Revolution*