

Pizza Base

Sam Leong, 2010

Makes: 2 pizzas

Preparation time: 2hrs

Cook time: 40mins

Ingredients:

- Pizza flour – 3 cups
- Dry yeast – 7g
- Caster sugar – 1.5 tbs
- Warm water – 1 cup
- Olive oil – 3 tbs

Method:

1. On a clean bench-top combine sifted pizza flour, dry yeast and sugar.
 - *Pizza flour is used as its high protein content increases dough elasticity.*
2. Knead continuously as warm water is gradually added.
3. Add olive oil and then extra flour to make the dough less sticky.
4. When dough springs back when poked, give it a few punches.
 - *Punching the dough removes any trapped air bubbles.*
5. Leave in a bowl and cover with plastic wrap – set aside for at least 1hr.
 - *If left out in the open, the dough will dry and an unnecessary crust is formed.*
6. Leave for at least 1 hour to rise.
 - *Now is a good time to preheat your oven to 180 °C.*
7. Prepare a pizza stone (or other suitable baking platform) by dusting the surface with cornstarch.
 - *This will give it a non-stick surface. Note: cornstarch is preferred as flour will burn.*
8. Roll out the dough and add your favourite toppings.
9. Bake for 30mins and serve.

