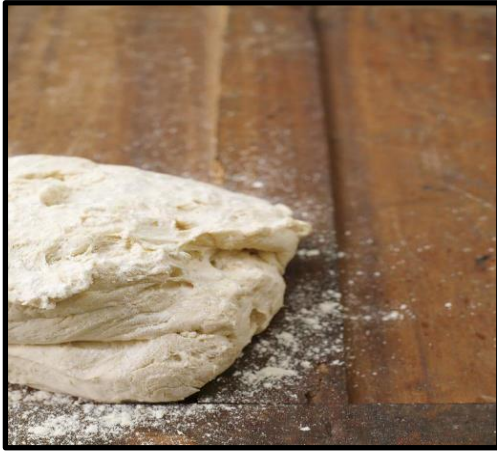


PEOPLE'S KITCHEN

Pizza Dough



500 grams strong white bread flour

½ teaspoon salt

1 x 7 g dried yeast sachet

½ tablespoon caster sugar

2 tablespoons olive oil

325 ml lukewarm water

Sieve the flour and salt into a bowl and make a well in the middle. In a jug, mix the yeast, sugar and olive oil into the water and leave for a few minutes, then pour into the well. Using a fork, bring the flour in gradually from the sides and swirl it into the liquid. Keep mixing, drawing larger amounts of flour in, and when it all starts to come together, work the rest of the flour in with clean, flour-dusted hands. Knead until you have a smooth, springy dough.

Place the ball of dough in a large flour-dusted bowl and flour the top of it. Cover the bowl with a damp cloth and place in a warm room for about an hour until the dough has doubled in size.

Now remove the dough to a flour-dusted surface and knead it around a bit to push the air out with your hands – this is called knocking back the dough. You can either use it immediately, or keep it, wrapped in cling film, in the fridge (or freezer) until required. If using straight away, divide the dough up into as many little balls as you want to make pizzas – this amount of dough is enough to make about six to eight small pizzas.

Now add tomato sauce and toppings of your choice, including cheese

Cook the pizza in a preheated oven at 200C for 15-20 minutes and serve immediately