

PIZZA DOUGH

INGREDIENTS:

- 1 & 1/2 tsp dry yeast
- 3 tsp sugar or honey
- 1/4 tsp salt
- 3/4 cup warm water
- 2 & 1/2 cups flour
- 2 TBSP olive oil

INSTRUCTIONS

1. Put water, sugar, salt and yeast into bowl.
2. Cover and put in warm place for 30 minutes or until mixture frothes up.
3. Add oil and then slowly add 1/2 cup flour at a time until all flour is added.
4. Knead until smooth -so that all the dough looks the same.
5. Cover and put in warm place for about 1 hour or until doubled in size.
6. Knead again.
7. Divide dough and flatten into pizza bases.

Individual Pizzas:

- 1/4 cup warm water
- 1/2 tsp yeast
- 1/2 tsp sugar
- 1/2 tsp salt

1/2 cup flour & some for kneading

In small bowl add first four ingredients. Mix well.

Add flour to create dough with hands.

Dust cutting board with flour.

Knead dough to activate gluten.

Use fist to gently pound dough flat, piano fingers to spread it out to about 0.5 cm thick.

Top with 1-2 TBSP sauce, 3 bright colours of chopped veggies and 1 oz cheese.

Bake at 350F for 15-20 minutes.