



Home Made Pizza

Prep
15 mins

Cook Time
15 minutes (+/-)

Serves
4

An easy and quick dish which is a healthy meal. served up with a tossed English garden salad or, can be eaten alone. Some people will serve with fries or a salad. **The toppings for your pizza can include the pizza sauce, sliced pepperoni, sliced onion, sliced salami, sliced and chopped peppers (green or red) shredded mozzarella/pizza and provolone cheeses, sliced and pitted black olives and even chopped pineapple (for a Hawaiian Pizza).**

Ingredients

- 2-2 ⅓ cups all-purpose flour OR bread flour divided (250-295g)
- 1 packet instant yeast or 2 ¼ tsps
- 1 ½ tsps sugar
- ¾ teaspoon salt
- ⅛-¼ teaspoon garlic powder and/or dried basil leaves (optional)
- 2 Tablespoons olive oil + additional ¾ cup/175ml) warm water with a temperature between 105°F to 115°F

Instructions for making the Pizza Dough

- Combine 1 cup (125g) of flour, the instant yeast, sugar, and salt in a large bowl and, if desired, add the garlic powder and dried basil at this point as well to enhance the flavour of the crust.
- Add the olive oil and warm water and use a wooden spoon to stir it well.
- Gradually add another 1 cup (125g) of flour. Add any additional flour as needed (sometimes as much as an additional ⅓ cup), stirring until the dough is forming into a cohesive, elastic ball and is beginning to pull away from the sides of the bowl.
- **The dough should be slightly sticky but still be manageable with your hands.**
- Drizzle a separate, large, clean bowl generously with olive oil and use a pastry brush to brush up the oil on the sides of the bowl.
- Knead the dough to stretch the glutes until it is smooth and stretchy. Lightly dust your hands with flour and form your pizza dough into a round ball and transfer to your olive oil-brushed bowl. Use your hands to roll the pizza dough along the inside of the bowl until it is coated in olive oil, then cover the bowl tightly with plastic wrap and place it in a warm place/oven if you have proofing in your oven.
- Allow dough to rise for 30 minutes or until doubled in size. If you intend to bake this dough into a pizza right away, I recommend at this stage, preheating your oven to 425F (215C) at this point so that it will have reached temperature once your pizza is ready to bake.
- Once the dough has risen, use your hands to gently deflate it and transfer to a lightly floured surface and knead briefly until smooth (about 3-5 times). Use either your hands or a rolling pin to work the dough into 12" circle. Transfer dough to a parchment paper lined or brushed olive oil pizza pan and either pinch the edges or fold them over to form a crust.
- Drizzle additional olive oil (about a Tablespoon) over the top of the pizza and use your pastry brush to brush the entire surface of the pizza (including the crust) with olive oil.
- Use a fork to poke holes all over the centre of the pizza to keep the dough from bubbling up in the oven. Add desired toppings after your pizza sauce and bake in a 425F (215C) preheated oven for 13-15 minutes or until toppings are golden brown. Slice and serve.