

Pizza or garlic bread

Ingredients

225g strong flour- white or brown

1 sachet of yeast

1 tsp sugar

½ tsp salt

150ml water - warm

1 egg to glaze

(Additional ingredients 200g cheese, 3 tbsp tomato puree, 2-3 veg items and 1 protein) (garlic bread- fresh garlic cloves 3-4 and 1 tbsp oil or margarine , mixed herbs)



Method

1. Weigh and measure all ingredients
2. Pre heat the oven 180 oc
3. Sieve the flour into the bowl
4. Make a well in the centre of the flour add the sugar to the middle salt to the side
5. If fine yeast , add to the flour, if it is dried small balls you can add to the warm liquid and dissolve before you add to the dry mix
6. Mix using a table knife until it forms a dough
7. Knead on a lightly floured surface for 5-8 minutes until the dough is smooth
8. Place in a bowl in a warm place for 20-30 minutes until it has risen and the yeast has fermented and formed Co2 bubbles
9. Slice and dice all toppings and grate the cheese
10. Scrape the dough out of the bowl
11. Roll into a round shape
12. Place onto a greased baking tray and top with tomato puree – or garlic and herbs/oil/ butter
13. Scatter on the grated cheese and then add the toppings
14. Higher skill- STUFFED CRUST – add additional cheese around the edges fold the right hand edge over your left fingers holding the dough , this will secure the cheese inside – brush with egg round the edge
15. Bake for 15-20 minutes until golden
16. Remove from the oven and cool

To adapt the recipe – shape into other shapes, serve with salad, mayonnaise, coleslaw, make your own tomato sauce, de bone a chicken to add to the topping, make a calazone