



Basic Pizza Dough

Season: All

Serves: 30 tastes in the classroom
or 8 at home

Pizza is a great dish at any time of the year, and once you've mastered the basic techniques you can use this dough and experiment with toppings based on any ingredients that are in season.

Note: This dough quantity is enough for two pizzas. Make a batch in advance as it will need time to rest.

Equipment:

metric measuring scales, cups and spoons
bowls – 1 small, 2 large
fork
pastry brush
clean tea towel

Ingredients:

1 cup lukewarm water
1 tbsp instant dry yeast
1 tsp sugar
1 tbsp extra-virgin olive oil, plus
extra for greasing
400 g plain flour,
plus extra for dusting
1 tsp salt

What to do:

1. Activate the dry yeast by placing it with the water and sugar in the small bowl and mixing with the fork. Leave it in a warm place for 5–10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide.
2. Add the oil to the yeast mixture and mix well.
3. Place the flour and salt into a large bowl. Create a well in the centre.
4. Add the yeast mixture into the well.
5. Use your hands to incorporate the yeast mixture into the flour until the dough clings together and feels springy.
6. Tip the dough onto a clean, dry, floured workbench and knead for at least 8 minutes until the dough looks smooth.
7. Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
8. Cover the bowl with a tea towel and put it in a draught-free place until the dough has doubled in size (at least 1 hour). This rise is called 'proving'.
9. Tip the dough onto the workbench and knead briefly. Shape it into a ball, return it to the bowl, cover with the tea towel, and leave for at least 20 minutes.
10. While the dough is proving you can prepare your toppings.
11. Once the dough has proved for the second time, roll it out and assemble the pizza.

Your school logo

Leek & Silverbeet Pizza

Serves: makes one pizza

Fresh from the garden: Garlic, leek, silverbeet

Equipment:	Ingredients:
Frying pan	1 tbsp olive oil
Measuring scales	1/2 leek, finely sliced
Measuring spoon	1 handful of silverbeet leaves, shredded
Chopping board	salt and pepper, to taste
Cook's knife	1 clove garlic, minced
Large bowl	25g parmesan, shaved
Grater	1 pizza dough
Vegetable peeler	Flour for dusting
Rolling pin	Small handful rocket leaves as garnish
Pizza tray or baking tray	
Wide egg lifter	
Serving plate	

What to do:

1. Pre-heat the oven to 200°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Heat the frying pan to a **low heat** and add the oil.
4. Sauté the leeks until soft (about 5 minutes).
5. Add the silverbeet and season to taste. Cook just enough to wilt the silverbeet, then take off the heat and set aside in a large bowl.
6. Shave off pieces of parmesan using a grater (use the wide slicing option) or use a normal vegetable peeler.
7. Sprinkle flour on a clean workbench and roll your pizza dough into a thin pizza base.
8. Sprinkle flour on oven tray, then carefully lay the pizza base on the tray.
9. Spread the minced garlic over the pizza base.
10. Arrange the leek and silverbeet mix on the pizza.
11. Sprinkle the shaved parmesan over the top.
12. Drizzle some extra virgin olive oil over the pizza, and then place the pizza in the oven.
13. Bake the pizzas for 15 minutes or until the edges are very crisp and the cheese is bubbling.
14. Remove the pizza from the oven and transfer it to the chopping board using the wide egg lifter. Cut them into 8 slices.
15. Serve topped with a handful of the washed rocket leaves and some extra shaved parmesan.