

Pizza Dough

Images and recipe courtesy of *Jorge Martins*



www.lrocc.weebly.com

Ingredients:

Water – approximately 400 ml (at body temperature)

200 ml full cream milk (at body temperature)

2 tsps dried yeast

1 tsp levelled of brown sugar

1 tsp salt

1 Kg plain flour

Olive oil

For sausage rolls:

Cooked sausages of choice

Method:

Add the sugar and yeast to the 200 ml of milk leave it for about 5 minutes so the yeast starts working.

In the meantime sieve the flour. It will help to make a softer dough.



The yeast will look as below when it's time to start making the dough.



Place the flour and the yeast in a bowl and start working it. (If you don't have a mixer do it by hand, it's good exercise)

Start adding water slowly allowing the flour to gradually absorb it.



The dough has glue like feel to start off with.

It sticks to the bowl.

After a couple of minutes it will start to clean the bowl. At this stage do not add more water. The dough should feel like a baby's bum, soft, smooth and elastic. You can always ask a friend of yours to lend you a baby if you haven't got one.



Remove the dough from the bowl and start working it by hand. It's my personal preference, this way you have a better feel to how the dough is and your hands are warm. Work it with your fist, stretch it, fold it, stretch it again, repeat it several times until it feels like,you know what.....



Put it back in the bowl with a bit of olive oil (not much, a table spoon)

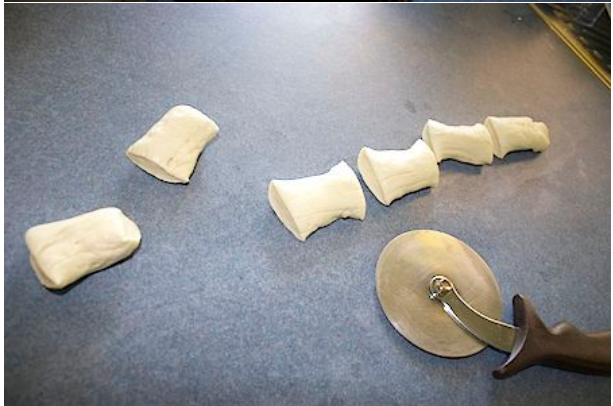
Leave it to rise at room temperature for about an hour or so till it doubles in size (we live in a hot climate so the process is always quicker) I usually dig a line in the middle to give me a better idea of how it's rising.



Lightly smear olive oil on a backing tray.



This time I wanted to make a focaccia and sausage rolls, but it can be used as pizza base.



With the leftover of dough I made a bun.....sorrya bun.

I gave it a brush with milk so they colour nicely.



Leave it to rise for another hour (until it's just under fully risen). Handle the dough gently until it's in the oven. Bake it in an oven at 220 degrees Celsius for the first 10 minutes (don't open the door) then lower the temperature to about 180 and cook it for a further 10 or 15 minutes, or until they look nicely coloured.



KEEP THE BUTTER HANDY WHILE IT'S HOT.

or

Garlic bread - Break the foccacia roughly in pieces and sprinkle with finely chopped garlic, salt, pepper and extra virgin olive oil, mix well.