

DIY PIZZA DOUGH

INGREDIENTS

- ✦ 6 cups cake flour
- ✦ 1 packet instant yeast
- ✦ 2 tablespoons sugar
- ✦ 2 teaspoons salt
- ✦ ½ cup sunflower oil
- ✦ 500 ml luke warm water



METHOD

- ✦ In a medium to large mixing bowl add all your dry ingredients & quickly mix together by hand.
- ✦ Make a well in the centre of the dry mix, in order to pour the wet ingredients.
- ✦ Pour in the water & oil into the well of dry ingredients, & follow this by mixing together with one hand.
- ✦ Once the dough has started to combine, tip it out onto a clean & floured work surface. You will now begin kneading it together. Mix the dough together using both hands, what you will be doing is pulling the dough towards you with one hand & folding it into itself with the other.
- ✦ Continue doing so until it has formed a ball that doesn't stick to your hands, & also feels smooth & soft.
- ✦ This process (the kneading of the dough) should take you a little over 10 minutes to do.
- ✦ Tips to use, if the dough is too wet, slowly add a little bit of flour to bring it together.
- ✦ If too dry, add a touch of water to help make it wet.
- ✦ Place the dough into the original mixing bowl used for the ingredients, but lightly dust with flour before putting it in.
- ✦ Cover with plastic wrap to allow it to proof, making sure to wrap the bowl tightly.
- ✦ Place the dough in a warm area of your kitchen & allow it to proof for 20 minutes, or until it has doubled in size.
- ✦ The dough is now ready to use, you can choose to keep it covered in the fridge to use at a later stage.
- ✦ Please note, the dough can only keep for 2 days, afterwards it is best to discard.
- ✦ You can make your own rustic pizzas; using a good tomato based sauce, good quality mozzarella & assortment of other ingredients.
- ✦ This dough also works very well if used for a bread or bread roll recipe.