

Pizza Dough Base

250g bread flour,
1 tbsp olive oil,
7g yeast,
 $\frac{1}{2}$ tsp salt
125ml warm water

Method

In a large bowl, place the flour, yeast & salt and stir well.

Make a well in the centre and add the oil and half of the water

Stir the dough with a knife and keep adding the water gradually until a dough is formed.

Knead the dough and roll into the shape desired - place onto a baking tray

Tomato Base Sauce

1 can chopped tinned tomatoes
 $\frac{1}{2}$ onion - finely chopped
1 garlic clove
1 tbsp tomato puree
Dried herbs
Salt & pepper

Method

In a saucepan, heat a little oil and gently fry the onions, add the garlic and cook for another minute

Add the tin of tomatoes, tomato puree, seasoning and herbs

Bring to the boil and simmer for 5 minutes

Cool before using

Forming the pizza and cooking times & temperatures

Method

Spoon the sauce onto the pizza base, add the toppings and cook in a pre-heated oven for 25 minutes gas 5 or 190°C

