

## Pizza and Bread

**Bernard  
Matthews**  
farms

### BASIC DOUGH -

Makes 6 individual pizzas

#### Preparation time:

60 minutes (including resting time for dough)

#### WHAT YOU NEED:

- 1 large mixing bowl
- 1 clean cloth or clingfilm
- 1 rolling pin
- 1 baking tray or pizza tin
- 1 dessert spoon

#### INGREDIENTS

- 500g strong white bread flour (or a 60% white - 40% wholemeal mix) plus extra for dusting
- 1 teaspoon seasalt
- 1 teaspoon castor sugar
- 1x7g sachet of fast action yeast
- 1 tablespoon or 15ml olive oil
- 300ml or ½ pint warm water



#### METHOD

In a large bowl mix the flour(s), salt, sugar and yeast and make a well in the centre.

Pour the oil and water into the well and using your fingers, gradually incorporate the fluids and flour mix by stirring in a circular motion.

Once the ingredients begin to form a dough (there will be some flour mix which is not incorporated at this stage) turn out the mix onto a dry surface. Knead the dough, pressing down, pushing out and folding back over until the dough is smooth and elastic.

This will take 8-10 minutes and if your arms do not ache then you will need to continue until they do! It is important to thoroughly knead the dough to gain a good dough.

Return the dough to the bowl and cover with a damp cloth or clingfilm and leave in a warm place for 35-45 minutes or until doubled in size.

Turn the dough out onto a floured surface and knead for 1 minute, roll to a sausage shape and divide into 6 portions. Roll each of these in your hands to form into balls and keep them on a tray covered with a damp cloth in the fridge until required.

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

#### TO MAKE THE PIZZA

For the pizza sauce you can use the tomato sauce from the pasta lesson or tomato puree if pushed for time and top with any of the following;

**Pineapple chunks, peas, sweetcorn, broccoli, spinach, cherry tomatoes, courgette, aubergine, peppers, artichoke, chilli, mozzarella, cheddar, parmesan, blue cheese, tuna, salmon (fresh or smoked), anchovy, ham, pepperoni, chorizo, bacon, turkey, pesto, olive, capers, pine kernals, sunflower seeds, pumpkin seeds, basil, oregano, parsley or an egg.**



#### METHOD

Preheat the oven to 225°C or gas mark 7-8.

Lightly flour the work surface and your rolling pin. Take one piece of dough and place onto the flour and roll with the pin by pushing down then outwards. Turn the dough 90 degrees and roll outwards again, continue this action until you have a circular, 0.25cm disc. Place this on a lightly floured baking tray or pizza tin, spread a dessert spoon of the tomato sauce thinly over the surface leaving a 1cm rim.

Choose your favourite toppings to sprinkle over the pizza but make sure not to overload as 'less is best' to ensure that the dough will cook evenly all the way through.

Alternatively continue up to step 3 and then put your favourite ingredients on one side of the pizza and fold over, pressing the edges together to form a pie or 'calzone'.

Place the pizza into the oven for 8-10 minutes, check the base to see if it has browned nicely before removing to a plate.

## BASIC DOUGH - Other options

**Preparation time:** 20 minutes (including resting time for dough)

**Cooking time:** 12 minutes

### BREAD STICKS

Divide one portion of dough into 6 pieces and roll out into long sausage shapes on a floured work surface until 0.25cm in diameter.

Place on a floured baking sheet, cover with a damp towel and allow to rise in a warm place for 15 minutes.

Remove the towel, brush the sticks with a little olive oil and sprinkle sesame or poppy seeds over.

Place in an oven at 180°C or gas mark 5, with a tray of water at the bottom and bake for 10-12 minutes or until golden and crispy.

Cool on a rack before eating with dips such as hummus, tzatziki or taramasalata.



**Preparation time:** 20 minutes (including resting time for dough)

**Cooking time:** 12 minutes

### DOUGH FIGURES

Use half a portion of dough, roll out to a long sausage approximately 20cm long. Fold in half and make a 'head' by twisting once 1.5cm down. Make arms by looping each length of dough below the head 1.5cm out to the side and back again to the centre. Twist the dough around itself a couple of times to secure it and create the legs and feet with the remaining lengths of dough.

Cover with a damp cloth and allow to rise for 15 minutes.

When risen, brush with a little milk, decorate with sultanas or raisins to create features and buttons etc, and sprinkle with granulated or demerara sugar. Bake in the oven for 12-15 minutes at 180c or gas mark 5.

