

AUTHENTIC ITALIAN PIZZA



INGREDIENTS:

Dough for 4 pizzas, (each one about 12 inches in diameter):

600 mL of warm water

7 cups (1kg) strong white organic flour ('00' flour is the most authentic but hard to find in the UK!)

2.5 – 3 tablespoons (25 grams) of *fresh* yeast or
2 teaspoons (7-8 grams) of *dried* yeast.

6 tablespoons of extra virgin olive oil

1.5 teaspoons salt

2 teaspoons sugar

There are actually many health benefits to eating pizza especially if you make it yourself! So here's a recipe for the dough that was taught to me from my beloved Italian grandmother and is a huge hit with everyone at home ... best of all the kids love to muck in too!

HOW TO MAKE IT:

- Sprinkle the yeast into a medium bowl with WARM water. Stir until the yeast dissolves
- Place almost all of the flour on the table into a volcano shape
- Pour the yeast/warm water mix plus all the other ingredients, into the center (crater) of the volcano
- Knead everything together for about 10 minutes until the dough is smooth and elastic (keep your surface floured)
- Grease a bowl with olive oil and place the dough inside. Turn the dough around so the top is slightly oiled
- Cover the bowl and rest for 4-5 hours (my grandmother used to make a cross on top of the dough with a knife to 'bless' the bread!!)
- Preheat the oven to about 400°F (200°C)
- Take the dough and place on a floured surface. Punch it down, getting rid of any bubbles. (*This part is great to involve the kids*)
- Divide the dough in half and let it rest for a few minutes
- Roll into a 12-inch discs according to your preferred thickness
- Transfer the dough onto an oiled pizza pan or baking sheet.
- Add tomato sauce (or without 'bianca') Brush the edges of the crust with a little bit of olive oil.
- Bake each pizza for about 10 minutes, *then* add the mozzarella cheese as well as any other healthy ingredient of your choice
- Let the pizzas bake until the crust is browned and the cheese is melted
- Remove your pizzas from the oven and, for a real Italian touch, garnish with a few basil leaves
- ENJOY

THE GREEN WARD
HEALTH & WELLBEING



Registered with the Association for Nutrition - www.associationfornutrition.org
Protecting the public and promoting high standards in evidence-based science and professional practice of nutrition