

Pizza Dough

Ingredients <i>makes 2 pizza doughs</i>	Equipment
<p>200ml water</p> <p>1tsp celtic seasalt</p> <p>1 TBSP extra-virgin olive oil</p> <p>200g bio-dynamic unbleached flour</p> <p>100g bio-dynamic wholewheat flour</p> <p>1 1/2 tsp yeast</p>	<p>Measuring jug</p> <p>Large bowl</p> <p>Wooden spoon</p> <p>Scales</p> <p>Spoon measures</p>

What to do:

- * Place all ingredients in bowl, in order of list.
- * Then mix well with wooden spoon till dough sticks together.
- * Tip dough onto bench top and knead for 10minutes.
- * Place dough in a lightly greased bowl, cover with a clean tea towel and set aside in a draft free spot to rise for an hour.

BOTTOM DRAWER - Interesting terms/techniques

- Kneading- kneading the dough stretches the gluten making it elastic