

PIZZA DOUGH

500g strong bread flour

1 teaspoon sugar

1 ½ teaspoon salt

1 sachet dried yeast

325 ml hand hot water

- a) Sift the flour and add the other dry ingredients.
- b) Mix and make a well in the centre of the mixture.
- c) Add the water and mix together with your hands; this will be very sticky at first but gradually form a dough.
- d) Empty onto a floured surface and knead for about 10 minutes – you want a stretchy, smooth dough.
- e) Let stand for at least an hour or overnight in a fridge.
- f) Knead again then roll out into your pizza shape; this amount will make 2 large pizzas.
- g) Allow to rise for 20 minutes before adding your tomato sauce and top with cheese and other toppings.

TOMATO SAUCE

100g diced onions

1 x clove garlic

2 tins chopped tomatoes

1 x dessertspoon tomato puree

2 x teaspoon sugar

2 beef oxo cubes

Sprinkling of herbs (fresh or dried)

- a) Fry onion and garlic in a saucepan
- b) Add remainder of the ingredients
- c) Cook over low heat until bubbling and reducing by a quarter
- d) Take off heat and once cooled slightly, liquidize
- e) Use half to top pizzas and freeze the rest for another day.

