



## Pizza Dough

Makes 4 Pizzas  
Prep time: 20 minutes  
Rest time: 1 to 2 hours  
Cook time: 6 – 10 minutes

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### *Ingredients*

4 Cups/500 grams strong white bread flour  
1 level teaspoon of sea salt  
1 (1/4-ounce or 7 grams) packet instant yeast  
1 teaspoon sugar  
2 tablespoons extra virgin olive oil  
1 1/2 cups - 1 3/4 cups/360 ml - 420 ml warm water (hot to touch)

### *Method*

In a large mixing bowl combine the flour, salt, instant yeast and sugar. Mix well to combine. Drizzle over the olive oil and just give a quick stir.

Make a well in the middle of the flour and pour in about 1 1/2 cups of the water. Using a fork, start pulling the flour into the water until you have incorporated all the flour. If it seems too dry, add remaining water. The dough should be really sticky at this point.

Take the dough out of the bowl and place on a clean and lightly floured surface. Lightly flour your hands and start kneading the dough. Flip and knead the dough until it's soft, elastic and springs back when touched. This will take between 5 - 10 minutes.

Place the ball of dough in a large flour-dusted bowl. Cover the bowl with a damp cloth and place in a warm room for about an hour or up to two hours until the dough has doubled in size.

Now remove the dough to a flour-dusted surface and punch it down. You can either use it immediately, or keep it wrapped in plastic wrap in the fridge until required.

Dough will keep up to a week in the fridge.

Dive and dough and cook according to recipe you are using.

## *Julia's Cuisine*

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