

# - Pizza Dough -

dinner > Pizza Dough



make 1 dough ball good for a 37cm Pizza.  
Ready in about **2h 30** minutes.

## Shopping LIST:

**125ml** lukewarm water, **190g** flour, **3g** dried yeast, **3g** salt, **3tbsp** olive oil.

## Method:

- In a jug, mix **125ml** lukewarm water and **3tbsp** olive oil.
- Place **190g** flour, **3g** dried yeast and **3g** salt in a large bowl and combine the ingredients with your fingertips.
- Pour the liquid into the flour in a few stages, mixing each time with stiff fingers (*use left hand for pouring water if you are right-handed*).
- Once the ingredients have roughly combined you can rest the dough. This gives the flour time to absorb the water and will make the dough easier to knead.
- After **15** minutes, use your fingers and knuckles to knead the dough for **8-10** minutes.

Note: use extra flour for dusting and little olive oil for your hands.

- Once kneaded, shape the dough into a bowl and place it in a tray greased with olive oil and add a little more olive oil on top of the dough. Cover with clingfilm and leave it to prove for about **2 hours**.



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