

BIG IDEAS FOR

**Maltby**  
masterchef



# Homemade Pizzas

QUICK! AFFORDABLE! LOCAL!



The amount of ingredients below will make a pizza big enough to feed four people.

If feeding less than four people you can halve the ingredients. Alternatively, both the base and tomato sauce can be made and frozen for use at another time.

## Base

- 250g strong plain flour
- 6g dried yeast (1 packet)
- 1 tbs olive oil or vegetable oil
- 125g tepid (skin temperature) water
- 1 pinch of salt

## Suggested Toppings

- Cooked chicken
- Low fat mozzarella cheese
- Pineapple
- Sweetcorn
- Mushrooms
- Peppers
- Tomatoes
- Spinach and rocket
- Broccoli
- Red onion

## Tomato Sauce

- 500ml tomato passata
- 35g tomato puree
- 1 clove of garlic

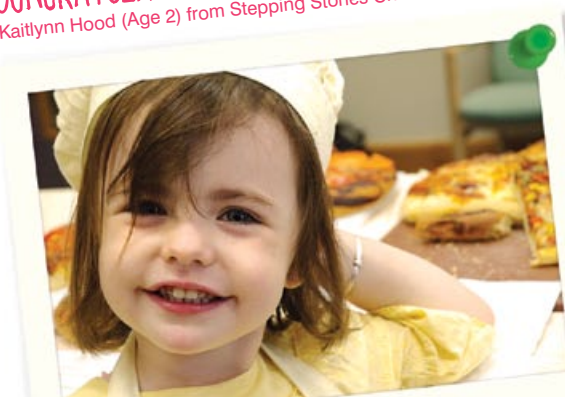
CONGRATULATIONS TO OUR WINNING CHEF!  
Kaitlynn Hood (Age 2) from Stepping Stones Children's Centre!

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# HOW TO COOK





## TOP TIPS

 Add extra flavours to the base using fresh or dried chopped basil, oregano or rosemary

 Add extra flavours to the tomato sauce using fresh or dried oregano

 Mix up the base before work or collecting the kids from school – they can then top their own individual pizzas

 Use plenty of vegetables to make it extra tasty... and healthy!

 If using hard cheeses like cheddar, grate it to use less and keep the fat low or use low fat varieties

## Pizza Base

1. Put all the ingredients for the base in a bowl and mix together
2. Knead the mixture by hand for 10 minutes or use an electric mixer with a dough hook
3. After 10 minutes the dough should feel firm and elastic with no bubbling or breaking
4. Pour a little oil over the dough, leave in the bowl and cover with a clean cloth
5. Leave the dough in a warm place, such as by a warm radiator, for about an hour. It is then ready to roll into a base for your pizza sauce and topping

## Tomato Sauce

- Put all the ingredients for the sauce in a bowl and mix well

## Putting it Together

1. Roll out the dough into the size you want. (There is no need to use any flour for rolling as it burns the base)
2. Using kitchen roll or similar, wipe some oil on to the baking tray, place the dough on and sprinkle with a little flour
3. Cover the dough with the tomato sauce
4. Put on your chosen toppings leaving the cheese to the end (the cheese will then stop the toppings burning)
5. Cook on 230°C, 450°F or Gas Mark 8 for 10 – 15 mins

