



Perfect Pizza

To cook the perfect pizza we require a “base” heat, which is where I recommend using a pizza stone. Failing that I turn a heavy based baking tray upside down to replicate a similar effect.

For the Dough

- 500g strong white bread flour, ideally Caputo “00” flour which makes the best pizza dough
- 7g fast acting dried yeast or 28g fresh yeast
- 10g salt
- 325ml luke warm water
- About 1 tbsp olive oil
- 1 handful semolina or polenta for dusting

In a bowl, mix the flour, yeast, salt and water to form a sticky dough. Mix in the oil, then turn out on to a clean work surface and knead, dusting with flour if required, until smooth and silky. Shape into a round, and leave to rise in a clean bowl covered with cling film until doubled in size at room temperature. This should take around 45minutes to an hour.

Preheat the oven at 220c (fan assisted) and add the pizza stone or substitute baking tray to pre-heat. Once the dough has doubled in size divide the dough into 8 equal sized balls and roll it into a 5mm thick round. Dust a piece of baking paper (cut a couple of inches bigger than the rolled out pizza) with the semolina or polenta, lay the dough on it, add your sauce and desired toppings. You can then slip the pizza from the sheet onto the hot stone in the oven. I have seen some disasters at this stage with pizza’s ending up on the oven door so I do always say to people you can place the baking paper directly on the stone also. Bake until any cheese is bubbling and the base is taking on some colour, seven to nine minutes approximately. The time is dependent on appliances, thickness of the pizza and the amount of toppings.

