

We are learning about: Lesson 1 Cooking With Chef
Lesson 2 – Introduction to healthy balanced lifestyle

Key Terms : Practical, Italian, Prove, Dough, Yeast, Meringue

For the base

- 300g [strong bread flour](#)
- 1 tsp [instant yeast](#) (from a sachet or a tub)
- 1 tsp salt
- 1 tbsp [olive oil](#), plus extra for drizzling

For the tomato sauce

- 100ml passata
- handful [fresh basil](#) or 1 tsp dried
- 1 [garlic clove](#), crushed

For the topping

- 125g ball mozzarella, sliced
- Toppings of your Choice

To finish

- handful of [basil leaves \(optional\)](#)



#BALearningJourney: if you have any questions please email Catering@Basildonacademies.org.uk

Method

STEP 1

Make the base: Put the flour into a [large bowl](#), then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

STEP 2

Make the sauce: Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

Up next on Channel 4 is [Cooking with Chef](#)

Method

STEP 3

[Roll out](#) the dough: if you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

STEP 4

Top and bake: heat the oven to 240C/220C fan/gas 8. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, toppings of your choice, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.