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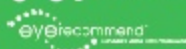
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## COMMENT

# Making fresh, homemade pizza: part one

By Lori Gysel & Gerry Kentner  
whatscooking@theifp.ca



## What's Cookin

I just looked up pizza restaurants in Halton Hills did you know there are more than 20? Wow! Gerry and I figured it was time for a pizza recipe then. Perhaps we can convince you to make it at home.

This week we've shown the pizza dough, then next week we'll give you a recipe to make with the dough. There are a couple of things you should know if you are making it for the first time. I always seem to be in a hurry to make my dough, so I always use quick-rise yeast.

But, if you are making it in advance and are going to refrigerate it, then use the traditional yeast. Also, if you are going to refrigerate overnight, cut down on the quantity of yeast a bit

(perhaps by half) or you may find that the dough has increased in volume so much that it has exploded out of its bag or wrap!

Yeast is a living bacteria, that is brought into action by the sugar (to feed on) and the warm water. Pay attention to the warm water instructions in the recipe, as water that is too cool will not activate the yeast, water that is too hot will kill it. If your yeast does not foam, then you may have used the wrong water temperature or you may have old yeast that is just not working anymore. Buy yourself a new jar and try again.

Once you are done with your recipe, store your yeast in the fridge to preserve its life span.

### Pizza Dough

Makes 1 lb. pizza dough (enough for 1-12 thin crust pizzas)

#### INGREDIENTS

- Pinch granulated sugar
- Two thirds cup warm water
- 2 tsp quick rising, active dry yeast
- 1 tbsp olive oil
- ½ tsp coarse salt
- 1 ½ cups all purpose flour

#### METHOD

1. Ensure that water is quite warm, but not boiling hot or you will kill the yeast. (approximately 120F). Add the sugar to the water.
2. Sprinkle the yeast on top of the water. Let rise until foamy, approximately 10 minutes.
3. Whisk in oil and salt.
4. Stir in flour, using hands if necessary.



Let rest for 30 minutes.

5. Punch dough down and knead 10 or 12 times, until dough comes together in a smooth ball. Transfer to a clean, oiled bowl. Set dough in bowl, cover with plastic wrap. Let rise in a warm place until doubled in bulk approximately two hours.

6. When ready to use the dough, roll dough out to form base and then dress with desired toppings

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