

Pizza

INGREDIENTS

1 dsp oil
1 clove garlic
1 tbsp tomato purée
1 tbsp passata
1 tsp mixed herbs/ basil

Bread dough
125g strong bread flour
½ tsp salt
1tbsp oil
1 tsp dried yeast
50ml warm water
100g cheese

Toppings: vegetables, meat, fish etc
Make you pizza suitable to serve to a child. Add an accompaniment eg carrot sticks.

NUTRITION

EXTRAS: A wide variety of vegetables could be added such as mushrooms, onions and peppers.

A small amount of meat could also be used.

SKILLS:

Vegetable prep, making and shaping dough

EQUIPMENT FROM HOME:

Apron, tea towel, tray to bake pizza on.

METHOD

1. Turn the oven on to 220°C / gas mark 7.
- Tomato sauce topping:
2. Peel and crush garlic and 'sweat' on a low heat for 10 minutes.
3. Take off the heat and add all the other ingredients.
4. Return to the heat, stir until it boils then simmer for 10 minutes.
5. Make the bread dough by sieving the flour into a bowl.
6. Add the yeast, salt, oil and warm water.
7. Stir and mix into a soft dough.
8. Knead for 10 minutes.
9. Roll out into a thin circle. Place on a lined baking tray..
10. Purée the tomato sauce if desired.
11. Spread evenly over the dough base.
12. Add the toppings including the cheese.
13. Bake in the oven for 15 minutes. Serve with appropriate garnish

Photo