

Making fresh dough

LESSON PLAN



Equipment



- Mixing bowl
- Glad wrap
- Baking tray
- Baking paper
- Sharp knife
- Wire rack/tray
- Measuring cup
- Measuring spoons

Ingredients

- 500g strong white flour, plus extra for dusting
- 2 tsp salt
- 7g sachet fast-action yeast
- 3 tbsp olive oil
- 300ml water

Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, is ready to stretch, shape and create.

