

COLDPRESSED

the Good Oil



50% LESS
SATURATED FAT
THAN OLIVE OIL

IDEAL FOR FRYING,
ROASTING, DRESSING
AND BAKING

GROWN
AND PRESSED IN
NEW ZEALAND

HOME MADE PIZZA DOUGH BASE

Ingredients

2 cups warm water
2 tsp sugar or honey
2 tsp active dried yeast
5 cups high-grade flour, plus a little extra for kneading
1 tsp salt
3 Tbsp **The Good Oil**

Method

Put the warm water and sugar or honey in a large bowl and stir to dissolve. Sprinkle yeast over the top and allow to stand in a warm place until the yeast has dissolved and the mixture is frothy — about 10 minutes.

Combine flour and salt in a large mixing bowl. Pour over the yeast mixture and the **Good Oil** and mix well until evenly combined, working to form a soft, smooth dough.

Lightly flour a clean surface and knead the dough for about 5 minutes, until smooth and elastic. Shape into a round ball, then transfer to a lightly oiled bowl and rub a little of **The Good Oil** over the top. Cover with a clean tea towel and leave to rise in a warm place until it has doubled in size — about 40 minutes.

When dough has risen, turn out onto a lightly floured surface. Cut into 3 or four even pieces (depending on whether you want to make 3 thick or 4 thin pizzas). If you don't want to use all the dough, just place in an airtight container with a lid and freeze.

Roll each piece of dough into a round pizza base, using a lightly floured rolling pin. We didn't have one, so we used an empty the Good Oil bottle and it worked a treat!

Roll the dough starting from the centre of the dough and rolling outward. Turning the base when needed and adding a little more flour if it starts to stick. We made our bases pretty thick, but if you prefer a thinner base, just keep rolling until it's a little thinner.

Makes: 3 large thick and soft pizza bases OR 4 thin and crispy pizza bases.

Use in conjunction with our **Pizza Sauce & Pizza Margherita!** (Recipes found on **The Good Oil** website)