



Authentic Italian pizza

15'

Hands on

2 hours'

Hands off

5'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

For the dough

- 1 package active dry yeast
- 250 ml water at room temperature
- pinch of sugar
- 300 g flour
- 100 g fine semolina
- 100 g corn meal
- a pinch of salt
- 3 tablespoons of olive oil
- extra semolina to roll out dough
- [Quick Homemade Tomato Sauce](#)

Method

Watch the video in sign language [here!](#)

- Preheat oven to 230* C (440* F) Fan. Place a [baking pan](#), bottom side up, in the oven to get very hot until the pizzas are ready.
- In a [bowl](#), mix the yeast and water together. Add the sugar and [mix](#) until it dissolves. Set aside for 10 minutes, until the yeast is activated.
- In another bowl, combine the flour, corn meal, semolina and salt.
- Combine the two mixtures and add 3 tablespoons of olive oil.
- Mix together with a spoon until it becomes a thick mixture.
- When the mixture becomes too thick to be mixed with the spoon, start to knead by hand on a clean working surface.
- Brush the inside of a bowl with olive oil. Place dough in bowl. Cover with plastic wrap. Let it rest for up to 2 hours at room temperature, until it doubles in size. The time it will need to rest will also depend on the season.
- Divide the dough into 5 equal parts. Sprinkle with a generous amount of semolina.
- Sprinkle semolina onto a large [cutting board](#). Roll out the dough with a rolling pin (if it sticks to the board sprinkle more semolina).
- Spread 2 tablespoons of [homemade tomato sauce](#) onto the pizza dough. Sprinkle with your choice of cheeses, vegetables and deli meat.
- Place the pizza dough as quickly as possible onto the overturned baking pan in the oven that should be very hot. (Do not remove the pan from the oven). Bake for 7-10 minutes.
- When ready, remove from oven and add your choice of toppings. Serve.

Διατροφικός πίνακας

Nutrition information per portion

367 Calories (kcal)	8.2 Total Fat (g)	1.3 Saturated Fat (g)	62.0 Total Carbs (g)
18%	12%	7%	24%
1.1 Sugars (g)	8.2 Protein (g)	3.8 Fibre (g)	0.14 Sodium (g)
1%	16%	15%	2%