

PizzaExpress Dough Balls

Prep time: 1 hour Cooking time: 6 mins

Makes: 4 portions

Ask an adult for help. It's safer and more fun, together.



Ingredients:

150ml warm water (roughly 27 degrees)

1 tsp of sugar

15g fresh yeast or 2 level tsp of dry yeast

225g of plain flour (plus extra for working)

1 and 1/2 tsp of salt

2 tbsp extra virgin olive oil (plus a little for drizzling)

4 tsp of butter

1/2 tsp of chopped garlic

Cucumber and tomato (or any salad you have)



Method:

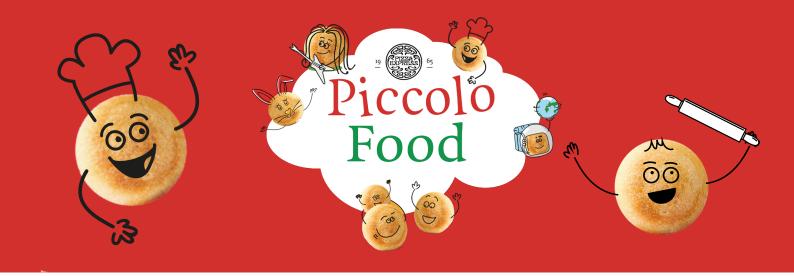
- 1. Add the sugar and crumble the fresh yeast into warm water.
- 2. Allow the mixture to stand for 10-15 minutes in a warm place (we find a windowsill on a sunny day works best) until froth develops on the surface.
- 3. Sift the flour and salt into a large mixing bowl, make a well in the middle and pour in the yeast mixture and olive oil.











- 4. Lightly flour your hands, and slowly mix the ingredients together until they bind. You might need an adult's help here.
- **5.** Generously dust your surface with flour (careful not to use too much!).
- 6. Throw down the dough and begin kneading for 10 minutes until smooth, silky and soft. Ask for help, it's a lot by yourself!
- 7. Leave the dough to rest until soft to the touch but not too springy about 15 mins. Take a little break.







- 8. Ask an adult to preheat the oven to 230°C.
- **9.** Then, it's ready to roll. Roll dough into one long 1.2m tube. Carefully (with an adult's help) chop into 16 chunks and place in an oven proof pan.
- 10. Leave Dough Balls to rest in pan for 30 mins then (with an adult's help), bake in the oven for 6 minutes until golden.
- 11. Now for the garlic butter. Mix 4 heaped teaspoons of butter with 1/2 teaspoon of chopped garlic (ask an adult to chop this for you).
- 12. They're delicious with some sliced tomato and cucumber (ask for an adult's help) or any salad you have at home.







Serve. Eat. Enjoy.... and share with us @pizzaexpress.