

Multi-Purpose Dough



GF

This recipe makes about 6 golf ball sized dough balls. We will use it for 2 different purposes this week, and freeze some too for another week.

How we'll use it this week

- Crackers
- Pizza Dough

Ingredients

- 2 cups Plain or Gluten Free Flour
- 1 cup Natural Greek Yoghurt
- 1 tspn Baking powder
- Extra flour for kneading

Directions

1. Stir baking powder through the plain flour
2. Add the yoghurt to the flour mixture and stir through until forms a ball
3. Place a good helping of extra flour onto your bench and then spread some out (leaving some in a heap to the corner of where you are working)
4. Dust your hands with flour
5. Take out the ball of dough and knead on the floured surface for 5-8 minutes. Add more flour from the heap if you need to. After kneading for required time, the dough should be firm but pliable and not sticky.
6. Break the dough into 6 golf ball sized balls. Keep 2 balls aside to make crackers and if you've chosen a pizza option, then keep another aside too. Freeze the remaining balls per the instructions below



Tip: If you would like a non-dairy dough, you could try replacing the yoghurt with sheep's or goat's yoghurt.

Freezing / Storing Instructions

Dough should be used same day or frozen.

Wrap ball entirely and tightly in glad wrap, place in freezer..

Another 2 ways to use this recipe

- See recipe for crackers
- See recipe for pizza

Pizza Base



GF

This recipe uses the multi-purpose dough.

How we'll use it this week

- Chicken & Vegetable Pizza
- Vegetarian Pizza

Ingredients

- 1 ball portion of the multi-purpose dough
- Olive or coconut oil spray
- extra flour for rolling

Directions

1. Pre-heat oven to 180 degrees
2. Lay a piece of baking paper on a flat surface, spray it lightly with olive oil - this will stop dough from sticking when you roll it out.
3. Place your dough ball in the centre of the baking paper
4. Sprinkle it with a little extra flour
5. Flatten your ball with your hands into a flat round
6. Dust your rolling pin with flour
7. Use the rolling pin to roll the dough out into a lunchbox sized pizza base. As a guide, a bit bigger than the palm of your hand - so it's about 3mm thick. (I usually roll it once one way, then turn it around the other way - this helps to make it a more round shape).
8. Use your thumb to make a small impression in the centre - this will help prevent the dough from bubbling
9. Brush with olive oil
10. Bake in oven for 5-7 minutes til it's lightly browned, then turn and cook other side for 5-7 minutes until browned.
11. Leave to cool on the tray
12. Use appropriate pizza recipe per menu plan or add your own toppings.



Tip: You may also wish to add some herbs or cheese to the dough, depending on your tastes.

Freezing / Storing Instructions

Not suitable for freezing. Top and cook pizza the same day, and eat the next.

Another 2 ways to use this recipe

- Dessert pizza of fruit. Add a sprinkle of rapadura sugar. Bake lightly.
- Spread with peanut butter, top with banana and bake lightly