

HOME LEARNING

Year 7 – Food Technology- Home Learning 11

Two-ingredient pizza dough

Equipment you will need: Scales, spoon, palette knife, mixing bowl, flour shaker, rolling pin, grater.

Ingredients:

- 95g self-raising flour, plus more for kneading
- 100g plain Greek yogurt
- cooking spray

Method

1. Mix flour and Greek yogurt together in a bowl; transfer to a work surface floured with self-raising flour.
2. Knead dough, adding more flour as needed to keep dough from being too sticky, for 8 to 10 minutes.
3. Spray a 30cm round tin with cooking spray and spread dough to edges of pan.
4. Spread over tomato puree and top with grated cheese.