

Pizza

Cuisine: **Italian**Food category: **Other**Author: **Phil Smith**Company: **Retigo**

Program steps

Preheating: 245 °C

1	Hot air	0 %	Termination by time	00:10 hh:mm	230 °C	100 %	
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Ingredients - number of portions - 4

Name	Value	Unit
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Tomato Sauce

Name	Value	Unit
4 tble spoons Olive Oil	15	ml
Onion	1	pcs
Garlic Clove	1	pcs
Cans of Chopped Tomato - 400grm	2	pcs
Tomato Puree	44	ml
Bay Leaf	1	pcs
Oregano	14	g
Basil - small bunch - chopped	1	pcs
Brown Sugar	6	g

Pizza Dough

Name	Value	Unit
"00" Flour	500	g
Salt	6	g
Dried Yeast	3	g
Warm Water	325	ml
Oil	10	ml

Nutrition and allergens

Allergens: Gluten

Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc
 Vitamins: B vitamins including B1, B12, B2, B3, B5, B6, B7, B9, Folate, Niacin, Thiamine, Vitamin B6, Vitamin C

Directions

You can use either fresh dough as below or frozen pizza dough from a supplier.

STEP 1

Using an electric mixer, put the flour and salt in the mixing bowl and mix the yeast into the water. It's always a good idea to wait 5 mins before using the liquid to see if the yeast is working – little bits will start to rise to the top and you'll know it's active.

STEP 2

Turn on the motor and pour in the liquid. Keep the speed on medium-high and it should come together as a ball. If the bottom is still sticking, tip in 1-2 tbsp of flour. Knead for 5-7 mins until the dough is shiny and it springs back when you press your finger into it. (If kneading by hand, it will take you about 10 mins.) Try not to add too much flour if you can. This is a slightly sticky dough, but that keeps it light and it rises beautifully.

STEP 3

Use oiled hands to remove the dough from the hook and bowl. Oil another bowl and place the dough in it. Turn it around so that it's lightly coated in the oil. Cover tightly with cling film. Place in the Retigo combi set to "proving" and leave until the program has finished and the dough has doubled in size. If it's a hot day. (If you don't plan to use the dough for a day or two, place it in the fridge straight away; take it out 3-4 hrs before using. Punch it down first and bring it together on a floured surface.)

STEP 4

Make the tomato sauce, Heat the oil in a saucepan over a low heat, then add the onion along with a generous pinch

Nutritional value of one portion	Value
Energy	472.5 kJ
Carbohydrate	99.2 g
Fat	1.4 g
Protein	13.1 g
Water	16.6 g

of salt. Fry gently for 12-15 mins or until the onion has softened and is turning translucent. Add the garlic and fry for a further min. Tip in the tomatoes and purée along with the bay, oregano and sugar. Bring to the boil and lower the heat. Simmer, uncovered, for 30-35 mins or until thickened and reduced. Season. For a really smooth sauce, blitz with a stick blender.

Stir the basil into the sauce.

STEP 5

Divide the dough into 2 pieces for big pizzas or 4 for plate-sized ones, then shape into balls (see Shaping the dough in tips, below) – dust them in flour as they will be sticky. Keep them covered with a tea towel or cling film while you prepare the toppings. (you can also freeze them in sealed bags. Just thaw in the fridge on the day, then bring to room temperature 3 hrs before using.)

STEP 6

To shape the dough: If you want to get air pockets and a light but crisp dough, then don't use a rolling pin. It flattens and pops the air bubbles. (Two days in the fridge will produce the most air bubbles – take it out three to four hours before using.) If your dough is at room temperature, you can use your fingers to gently stretch the dough out. Once it's about 16cm, place the disc over the tops of your hands (not palm side) and use them to stretch it further, up to about 25cm. You can start pressing out the other discs, then wait to do the final bit when you're ready to cook. Place your tomato sauce, cheese and toppings on to the pizza.

STEP 7

To cook the pizza: Place into the oven the Retigo pizza trays and set the Retigo oven to the Pizza setting and allow to pre-heat.

STEP 8

Place the pizza on a floured pizza peel.

STEP 9

When the oven is ready, slide the dough onto the pizza trays and set the timer for 8 to 10 mins. Take out the pizza when finished. Then sprinkle with fresh basil.