

Sourdough Pizza Base

- Strong white flour 500g
- Semolina 50g. (I use polenta)
- Salt 10g
- Sourdough starter 200g
- Fresh yeast 1g / 1/4 tsp of dried yeast (I omit this!!)
- Water 325ml
- Olive oil 50ml

Method:

1. This is a fantastic dough to make. It combines both sourdough starter and the tiniest bit of yeast. The dough has maximum flour due to the long slow fermentation but takes no effort to bring together.
2. Make the dough by mixing the flour with the salt, and semolina in a clean bowl. Crumble the yeast into the water and whisk so that it dissolves. Pour the water into the flour along with the olive oil and sourdough starter. Combine all the ingredients to form a rough dough. This dough requires no more than 30 seconds of kneading
3. Place the dough into a clean bowl, cover with cling film and place into the fridge to ferment for 24 hours
4. Take out the dough and knock it back. Divide the dough into six equal portions. Approximately 200g each. Shape into rounds. Place the dough onto a generously floured baking tray. Cover the dough with a clean tea towel and allow to prove for about 60 to 90 minutes. (The size you choose depends on how large and thick you want your pizza)
5. Preheat the oven to its highest setting. Place into the oven a large flat baking tray turned upside down and allow it to heat. You will use the surface of the baking tray to bake your pizza base. If you have a pizza stone, please feel free to use it instead.
6. To shape the pizza base. Transfer one of the rolled dough balls to a nicely floured work counter. I suggest using a combination of flour and semolina when shaping the pizza base. Using your fingertips flatten out the dough. Gently moving the dough from one hand to another stretch and shape the dough to the desired size. Alternatively using a rolling pin is no problem, Transfer the pizza base onto a wooden chopping board dusted with semolina. The board will be used to slide the pizza base directly onto the preheated baking tray/pizza stone in your oven.
7. Cover the surface of the pizza base with tomato sauce and top the pizza base with your chosen toppings. When ready to bake, place the pizza directly onto the pizza stone by sliding the pizza base from the floured tray onto the pizza stone. Bake for about 4 and half to 5 minutes. Allow to cool slightly, enjoy.