

Safe at Home Manitoba – Safe Inside Your Walls
Presenter – Laurie Ouwehand – Cooking School

Pizza – 400 degrees – 20-30 minutes

Pizza Dough – makes 2 large & 1 medium crust

7 cups flour
1 tbsp. salt
3 tbsp. sugar
5 ½ tbsp quick rising yeast
1 tbsp. dried Italian herbs
3 ½ c. warm water
½ c. canola oil

Pizza Sauce

1 large can store-bought sauce
1 tsp dried Italian herbs
1 tbsp dried basil
3 tbsp fresh parmesan
1-2 tsp hot sauce

In large bowl, blend flour, salt, sugar, yeast and herb by hand. Add warm water & oil. Mix well & cover with warm, damp tea towel. Let stand for 30-35 minutes to rise (be sure there is no draft on the bowl).

Spray counter & place dough from bowl. Cut into at least 3 sections & knead dough into a circular shape. Roll out into a circle with rolling pin to get rid of excess air bubbles. Place on greased or sprayed pizza pan which has been sprinkled with corn meal. (This will prevent the pizza from sticking or burning).

Cover pizza with 1 cup of sauce and add toppings of your choice.

Bake in pre-heated oven for 20-30 minutes depending on the toppings. Check the bottom to see if it is browning & becoming crisp. Remove from oven to let sit before slicing.