



COOKING

HOW TO MAKE PIZZA DOUGH

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DESCRIPTION

Carrie is at it again and this time she's on the hunt for the perfect pizza dough. Watch as Carrie and her friends take on the task of making fresh dough from scratch. No mixes, nothing from a box, just fresh ingredients give rise to the perfect dough!

INGREDIENTS

- 1 package dry active yeast
- 1 tsp honey
- 3/4 cup warm water
- 2 3/4 cup all purpose flour
- 1 tsp salt
- 2 tbsp olive oil

TOOLS

- measuring cups
- measuring spoons
- bowl
- wooden spoon
- food processor
- damp kitchen towel

DIRECTIONS

1. In the food processor bowl we are going to put 3/4 cup warm water. The water should be about 85 to 115° F. Test it with your hand. It should feel very warm, but comfortable. Add the teaspoon of honey and 1 tsp. of salt...remember to level off your salt before adding it to the mixture. Mix on low for about 20 seconds. Add the yeast and mix on low for another 5 seconds.
2. Add 1 cup of flour to the mixture. Take your cup measure and fill it to the top with flour. Tap the cup on the counter to pack down the flour and then level the flour off with a butter knife. With the help of an adult, pour flour into the food processor and mix on low for 10 seconds.
3. Add 2 T olive oil and mix until blended (about 15 or 20 seconds more). Add the rest of the flour (and any other additions) and mix on high for about a minute or two.
4. The dough should turn into a ball and roll around the processor. If the dough does not ball up because it's too dry, add water one tablespoon at a time until it does. If your mixture is more like a batter, add flour one tablespoon at a time. Adding water or flour as needed to get the right consistency will insure you always get perfect dough. Just remember to do it in small amounts.
5. Place the dough in a towel covered bowl and store in a warm area to rise for about 30 minutes
6. The dough has been rising for 30 minutes. Now it's time to divide it into 4 balls. Work each ball by pulling down the sides and tucking them under the bottom. Repeat 4 or 5 times. Then roll the dough on a smooth un-floured surface until the dough is smooth and firm, about 1 minute. Cover the balls with a damp towel and then let rest for 15 minutes. Loosely cover the pizza dough balls in plastic wrap and refrigerate for 1 to 2 days.

Did you know there's a free web video for this activity with step-by-step instructions?
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