

## Pizza Dough (serves 6)

### Ingredients

- 1 kg flour (or Italian tipo “00”) — (buy extra for dusting)
- 1 level tablespoon fine sea salt
- 2 sachets (7 g each) dried yeast (instant)
- 1 tablespoon (cane) sugar (honey or syrup works too)
- 4 tablespoons (extra-virgin) olive oil
- 5½ dl lukewarm water (about 550 ml; not cold, or the yeast won’t work)



### Method

Stir the yeast, sugar, olive oil, and water together in a measuring jug. Let the mixture stand for a few minutes.

In a mixing bowl, lightly combine the flour and salt. Make a well in the center and pour in the yeast mixture.

Stir with a fork, gradually drawing the flour from the sides into the liquid. Continue until you can't really stir anymore.

Dust your hands with a little flour and work the remaining flour into the dough. Knead briefly until you have a smooth, elastic ball of dough. If you knead too long, your pizzas will spring back after rolling. Too long is worse than too short!

The dough should stick about as much as a yellow Post-it note: it sticks, but releases without leaving a trace. If it's too sticky, add a little flour; if it's too dry, add a little water.

Place the dough ball in a flour-dusted bowl and dust a little more flour on top. Cover with a damp tea towel. Leave the dough in a warm place for about 1 hour, until roughly doubled in size.

Turn the dough out onto a floured work surface and knead briefly to knock out the air. Divide into 6 to 8 balls for your pizzas. You can use them immediately or keep them a bit longer (knock out the air again before rolling). You can roll the pizzas out 15–20 minutes before baking—not longer, or they'll dry out.

Easier? Use frozen savory pastry dough: more expensive and less tasty. Or simply buy a frozen pizza.

## Basic Pizza Sauce

### Ingredients

- 1 onion
- 2 tablespoons olive oil
- 2 cloves garlic
- ½ teaspoon sugar
- 4 dl sieved tomatoes (passata; from a carton)
- 2 teaspoons Italian or Provençal herbs
- ½ teaspoon salt or a bouillon cube/powder
- 2 mini cans concentrated tomato paste
- Pepper
- Optional: fresh basil (add after cooking)



### Method

Peel and finely chop the onion.

Heat the oil (or butter) and gently sauté the onion. Press in the peeled garlic cloves.

Add the sieved tomatoes and the herbs, then finally add the sugar.

Let the sauce simmer gently over low heat for about 20 minutes until thick and fragrant. Longer is better (an hour is great; you can keep it warm on top of the oven).

Add the tomato paste at the end.

Optional: let the sauce cool a little and add fresh basil.

Taste and adjust: add (more) salt/bouillon, sugar, pepper, sambal (chili paste) (optional), and/or other flavorings to your liking.

Easier? Use a jar of red pasta sauce and spread that on your pizza. Much less tasty, but effective.