

Pizza Dough



Serves	4
Prep time	1 hour, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Ingredient
Misc	Freezable , Pre-preparable
Website	Real Meals

Ingredients

Pumpkin Pizza Dough:

- 400g butternut or squash pumpkin (peeled and diced)
- 280ml warm water
- 2 teaspoons Lowan's instant dried yeast ((or 7g/1 sachet of other dried yeast))
- 30ml sunflower oil
- 2 teaspoons salt
- 2 1/2 cups plain white flour
- 1 cup wholemeal plain flour
- Extra plain white flour

Plain Pizza Dough:

- 250ml warm water
- 2 teaspoons Lowan's instant dried yeast ((or 7g/1 sachet of other dried yeast))
- 30ml sunflower oil
- 2 teaspoons salt
- 2 1/2 cups plain white flour
- 1 cup wholemeal plain flour
- Extra plain white flour

Directions

1. For the pumpkin pizza dough, cook the pumpkin (steam, boil or microwave) then place into a food processor and whiz until pureed. Set aside to cool.
2. Place the warm water, yeast and oil into the bowl of an electric mixer with a dough hook. Stir to combine then allow to sit for 5 minutes.
3. Sift the flours together in a separate bowl, adding the husks back in.
4. Add the flours, salt and pumpkin (if using) to the mixer bowl. Mix on 1.5 - 2 speed until all the dough comes together on the hook. If the dough is too sticky and not coming off the bowl, add some more flour, up to 150g. The bowl should be almost completely clean.
5. Knead the dough on speed 2 for 2 minutes.
6. Remove the dough from the hook and place it back in the bowl. Cover the bowl with a clean tea towel and let it stand for about 30 minutes, or until it has doubled in size.
7. Punch the dough down then gently break it into 4 pieces. Gently roll each piece into a ball and set aside, covered, to rise for another 15 minutes.
8. If you're not making the pizzas straight away, wrap each ball in some cling film and store it in the fridge until ready to use. The pizza dough can also be stored like this in the freezer. Allow it to thaw at room temperature before using.



Note

Low Chemical / Failsafe, Moderate Salicylates

The pumpkin pizza dough contains moderate salicylates. The plain pizza dough is low chemical / failsafe.

This recipe makes 4 balls of pizza dough, which will each make a 25- 30cm pizza.

This recipe is from Real Meals, all I did was convert it from a Thermomix recipe to a "regular" recipe

