



GARLIC PIZZA BREAD



Equipment – Mixing bowl, palette knife, measuring jug, measuring spoons, rolling pin, baking tray

In pairs

Ingredients –

100g strong plain flour
½ tsp. yeast
Pinch of salt
1 twist oil
50ml. hot water

1 tsp. garlic butter
1tbsp tomato sauce
Sprinkling of cheese

Nutrition

Flour is high in carbohydrate and fibre. Oil is high in fat. Butter and cheese contains fat and calcium.

Modification for a Healthy Diet

Use wholemeal flour, do not add oil, add vegetable toppings.

Method –

- 1 Preheat** oven to 180°.
- 2 Put** the flour, yeast, salt and oil into a mixing bowl.
- 3 Add** the water slowly and mix with a palette knife to make a dough.
- 4 Divide** the dough in half and then **knead** for 5 minutes.
- 5 Roll** out to an oval shape 12cm.
- 6 Put** on garlic butter, spread, tomato topping, spread
- 7 Sprinkle** with cheese.
- 8 Put** in oven for about 12 minutes.