



Article Side

How to Make a Tasty Pizza from Scratch by [Stuartgreen](#)

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Mmmm pizza! We all love it, but did you know that it is so easy and healthy to make your own at home? Making your own base is also far easier than you thought!

Home Made vs. Bought In

It is so easy when you get in from work to just lie out on the couch, kick off your shoes and call the nearest pizza takeaway. It takes all the hassle out of standing up, preparing vegetables and actually thinking! You know what? Making your own pizza is so simple it is unreal! Also for those who are health conscious (and that should be all of you), making a pizza from scratch is far more healthy than buying one in. Far less salt and zero added anything – just full flavor.

Making the Base

This is the part of making a pizza which people worry about the most but it also can be lots of fun! Try getting your partner or your kids involved and capture the authentic taste of Italy rather than using a shop bought base, you can really taste the difference.

Ingredients for a 10 inch pizza:

- 6 oz plain white flour
- ½ level teaspoon golden caster sugar
- 4fl oz tepid water
- 1 level teaspoon dried yeast
- 1 tablespoon good quality olive oil
- 1 level teaspoon table salt
- cornmeal

Method:

- Preheat oven on a very low setting
- Put the flour in the oven for 10 minutes to warm and then turn it off • Sift the yeast, flour, salt and sugar into a bowl
- Make a hole within the centre of the mixture, adding 4fl oz of tepid water and the olive oil
- Mix by using a wooden spoon and then your hands until you have a dough
- Place your dough on a flat surface (this doesn't need to be floured)
- Knead the mixture till it shines a little and becomes elastic • Place in a clean bowl, covering this with lightly oiled clingfilm

• Wait an hour until mixture doubles in size

• Next preheat the oven and a baking sheet to gas mark 8, 230°C

• Put the dough onto a cornmeal floured surface, get all the air out of the mixture then knead for a few seconds and shape into a ball.

• Next, dust a rolling pin with cornmeal and roll your dough out until you have a 10 inch circle

• Use your fingers to push the dough into a "pizza shape"

• Sprinkle the baking sheet which has been preheating with more corn flour

• Place pizza dough onto the baking sheet, decorate with your favourite veg, sauce and cheese

• Finally, bake your perfect pizza on the top oven shelf for 12 minutes

Tasty Toppings

Why not try some old traditional favorites such as mixed vegetable, ham and pineapple, pepperoni or cheese and onion. If you are feeling adventurous then why not try using mozzarella, sautéed mushrooms, mustard and rocket. The sky's the limit! Enjoy!

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[Stuartgreen](#) - About Author:

The author shares one of everybody's favorite a [italian food recipes](#) - pizza!

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