

## Tide Mill Pizza



PHOTO: PEPPERONI PIZZA, UNSPLASH.COM

### Base

**300g (11oz) Tide Mill Traditional wholemeal flour, sieved and half the bran returned to the flour.**

**25g (1oz) fresh yeast**

**4-5g (1 tsp) salt**

**250ml (9fl oz) water at 36°C**

**10ml (2 tbsp) olive oil**

### Tomato sauce

**15ml (3 tbsp) olive oil**

**1 onion, finely chopped**

**1 clove of garlic, crushed**

**Salt & pepper**

**2 tins tomatoes**

### Topping

**75g grated mozzarella cheese (or any melted cheese you prefer)**

**PLUS any toppings your children like (chopped onion, peppers, mushrooms, sweetcorn, pork sausages, pepperoni, chorizo...)**

**Oven: 220°C/428°F/Fan 200°C/Gas Mark 7**

Heat the oil in a medium pan and add the onion and garlic. Cook until just turning golden then add the tomatoes and seasoning. Cook for about 20 minutes, stirring occasionally until some of the liquid has evaporated and you have a good source for your topping.

Mix the flour and salt in a bowl.

Either add the yeast to the warm water and then add to the flour, or add the water to the flour and then add the crumbled yeast. Add the olive oil and knead for 8-10 minutes. Cover the bowl with clingfilm; place in a warm place for 15-20 minutes to rise.

Take out of the bowl and shape into one large round or two smaller ones depending on what size you want your pizza. Roll out the pizza place on the well greased baking tray.

Spread with the tomato sauce and then the cheese.

If you are making the pizza with children (*which you should be!*) let them gather their favourite toppings (or mix of toppings) in bowls and finish the pizza their way (*even if you wouldn't want to eat it*).

Bake in a preheated oven for about 30 minutes.