

Day One - Homemade Pizza Lab

DOUGH

INGREDIENTS:

- 1 teaspoons. active dry yeast
- 1 cup warm water (110 degrees F/45 degrees C)
- 1 cup wheat flour
- 1 cup white flour
- 2 tablespoons oil
- 1 teaspoon salt
- 2 teaspoons white sugar

DIRECTIONS:

1. In a small bowl, dissolve yeast in warm water. Let stand until creamy, a few minutes.
2. In a large bowl, combine 2 cups flour, oil, salt, white sugar and the yeast mixture; stir well to combine. Mix well until a stiff dough has formed. You may need to use your hands. (very clean hands). Let rest for 5 minutes.
3. Turn dough out onto a well floured surface. Form dough into a round shape. Wrap the dough with plastic wrap, label, and place in the refrigerator.

Pizza Sauce ingredients

- 3/4 cup tomato sauce**
- 1 TB tomato paste**
- 2 teaspoons Italian seasoning**
- 1/2 teaspoon garlic powder**

Mix together in a small bowl.
Cover, label, and place in the refrigerator.

Toppings are to be counted or measured and placed in a bag.