

Name:

Date:



No yeast pizza dough Vegetarian

L Prep: 10 mins
 E Easy
 F Makes 2 pizzas
 Cook: 25 mins

Try this easy no yeast recipe for pizza dough using just flour, baking powder, salt and oil. Recipe by Helen Hurrell, mum of BBC Good Food member Eleanor
 Nutrition: Per serving (1/2 pizza)

	low in						
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
352	4g	0.6g	68g	0.5g	3g	9g	2.04g

Ingredients

- 350g [plain flour](#)
- 2 ¾ tsp [baking powder](#)
- 1 tsp salt
- 1 tbsp oil
- additional toppings of your choice





Method

- STEP 1**
Heat the oven to 200C/180C fan/gas 6.
- STEP 2**
Mix together 350g flour, 2 ¾ tsp baking powder and 1 tsp salt in a small bowl, add 1 tbsp oil and 170ml water then stir until it forms a ball. If stiff, add more water, it should be soft but not sticky.
- STEP 3**
Knead on a floured surface for 3-4 mins. Roll into 2 balls, then flatten out.
- STEP 4**
Add toppings and bake each on a baking sheet for 15 mins.

	Plain flour		
	Baking powder		
	Salt		
	Oil		

TBAT Questions	
Identify the ingredients of the pasty used?	
Describe why we used baking powder?	
Explain the taste, smell, texture and look of baking powder?	Taste
	Smell
	Texture
	Look

Cooking Skills Record:

The skills I used in preparing and cooking:				
My rating:	 Tasting & looking good	 Quite good	 Edible	 Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				

Skills Used: (see skills records in students folders)

Teacher/Student Feedback:	Feedback Date:
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	
Name:	