



PIZZA

Preparation time: Less than 30 minutes + 90 minutes proving time

Cooking time: 40-50 minutes

Skill level: Moderate

INGREDIENTS

FOR THE DOUGH:

- 400g bread flour
- 1 tablespoon of olive oil
- 1 egg
- 12g fresh yeast (or 1 sachet dried yeast)
- 1 teaspoon of salt
- 1 tablespoon malt extract
- 170-180ml water

FOR THE PIZZA SAUCE:

- 450g tomato passata with garlic and herbs
- 1 ½ tablespoons of tomato puree
- 1 tablespoon malt extract
- 1 teaspoon oregano
- 1 tablespoon grated parmesan cheese

FOR THE PIZZA SAUCE:

- 1 mozzarella cheese ball (sliced)
- 1 packet of sundried tomatoes (soaked in hot water before use)
- 1 teaspoon of dried oregano

METHOD

FOR THE DOUGH:

Preheat oven to 200°C (fan). Combine all ingredients together in a mixer bowl and knead until the dough forms a soft ball and becomes slightly elastic (around 5 to 10 minutes). Place the dough into an oiled bowl, cover with cling-film and prove for 60 minutes or until it doubles in volume. Place the dough on a floured surface, roll into a ball then stretch and roll to the size of the pizza tray. Leave to prove for a further 15 to 20 minutes on the tray.

FOR THE PIZZA SAUCE:

Place all ingredients into a saucepan and bring to the boil, then simmer gently for 20 minutes to thicken the sauce. Spread onto the proved pizza base, top with mozzarella, sundried tomatoes and a sprinkle of oregano. Place in the oven for around 15-20 minutes until golden and bubbling then serve immediately.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

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MALT...

the undiscovered ingredient

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Malt extract has been incorporated into the dough and the pizza sauce in this recipe. This makes the pizza base softer and more open and fluffier and helps give the crust a better bake colour and enhanced flavour and aroma. Adding malt extract to the pizza sauce helps to counter the acidity of the tomatoes, enhances the herbs and garlics flavours and helps to bind the flavours of the topping.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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Passionate about malt