

# Starters, Sides, and Complements

## Perfect Pizza Dough

*\*Vegan*

This pizza dough is great because if you just want to prep the dough and freeze it right away-without allowing it to rise, you can do that. Just prep it and freeze it to use at a later time. Or you can use it that day.

### You'll Need

- 2 1/4 teaspoons active-dry yeast
- 1 1/2 cups warm water
- 4 cups all-purpose flour; more for dusting
- 1 1/2 teaspoons salt
- 2 tablespoons olive oil



### Directions

- Dissolve the yeast in a 1/2 cup of the specified warm water. Set aside.
- Put the flour and salt in a food processor or mixer with the dough attachment (you could also mix with your hands) and when the yeast is proofed add the yeast mixture and start the machine.
- Then add the rest of the water in a steady stream. Next slowly add in oil.
- Remove dough from machine and with lightly floured hands, quickly knead the dough.
- Cut the dough into four equal pieces. Roll each piece into a tight, smooth ball, kneading to push the air out.
- If you plan on using dough on the same day place on a baking sheet and cover with towel and place in an area without a draft. Let rise for at least one hour or until doubled in size.
- If you would like to use the dough at a later time, freeze the dough immediately. Then when you want to use it allow it to thaw and rise to double its size.
- Then punch down and roll out as you wish.

### Play with Your Food

- Try replacing some water with some beer
- Throw in some herbs, garlic, or onion powder

Med well Kitchen Tested