

# Spelt Pizza Bases: A Guide to Perfect Pizza

Takes 2 hours, makes 3 x 12" thin crust pizzas and uses a rolling pin, baking paper and a pizza stone.

## INGREDIENTS

325g spelt flour (white, wholemeal or mixed)

Half a 7g sachet of fast acting yeast

1 teaspoon salt

2 tablespoons extra virgin olive oil

160ml warm water

Suggested toppings:

Pizza sauce (recipe on [lepetitoeuf.com](http://lepetitoeuf.com))

Mozzarella

Parmesan

Olive oil

Fresh basil

Olio di peperoncino

when you stop rolling it, so make it slightly larger than you think it needs to be.

Take a square of baking paper slightly larger than your base. Lift the pizza base onto the baking paper and make sure it's laying nice and flat.

Now add your pizza sauce, not too much, you just want a delicate covering. Add your mozzarella and other toppings. I would suggest that you don't go wild here. Pizza tastes amazing with few toppings, so a plain margherita with mozzarella, parmesan and a drizzle of olive oil is the best way to truly enjoy the amazing spelt pizza bases you've created here.

Once topped and ready for the oven, lift the baking paper up, with the pizza on top and slide it all onto your pizza stone in the oven, baking paper included. Cook for 8-10 minutes until nicely browned on the edges. Be ready to scatter with basil leaves when serving, and why not make a bottle of olio di peperoncino (recipe on [lepetitoeuf.com](http://lepetitoeuf.com)) to go with it all?

## DIRECTIONS

In a small bowl or ramekin, mix your yeast with the warm water and the oil. Leave for a few minutes, stirring occasionally.

Meanwhile, sieve your flour and salt into a mixing bowl and stir them through. Add all of your liquid to the flour and mix it all together with one hand, using the other hand to hold the bowl. Spelt doughs are very, very sticky, it is worth keeping a bowl scraper or spatula to hand, so that you can scrape the dough off of your 'mixing' hand. Turn it out onto the surface and knead it a few times. If your dough is dry and there is not all coming together, then add 1 tbsp of warm water and continue mixing/kneading. If it is incredibly sticky and wet, then dust it with flour and continue mixing and kneading.

Once it is a smooth ball of dough, place it in a bowl, cover with a tea towel and place in a warm place (25°C or so) for 60-90 minutes. It should turn into a large, light ball of dough.

Now place your pizza stone in the oven and pre-heat it to its highest temperature, making sure you turn it on between 30-60 minutes before you want to cook.

Once your dough has risen considerably, place it on a lightly floured surface and knead it just a couple of times. Divide it into three pieces.

Place one piece on a floured surface, you may need to rub flour into your rolling pin as well to prevent the dough from sticking. Roll the dough into a thin pizza base which is only 2mm thick. You really want to get it very, very thin. Regularly check that it hasn't stuck to the surface and add more flour if needed. It will shrink back very slightly when

