



Basic dough recipe (suitable for making bread rolls, pizza dough and dough balls)

1 cup warm water
1 package active dry yeast
2½ to 3 cups all-purpose flour (can substitute for spelt or other flour)
2 tablespoons olive oil
½ teaspoon salt

1. Combine water, yeast and 1½ cups of the flour in a large bowl. Mix well.
2. Add the oil, salt, and remaining flour. With a large wooden spoon or your hands mix the ingredients together until the dough holds its shape. You may need a bit less flour, so add the last half gradually.
3. Place the dough on a lightly floured surface and knead until smooth and elastic, about 5 minutes. If the dough becomes sticky, sprinkle more flour over it.
4. Transfer the dough to a lightly oiled bowl. Cover the bowl with plastic wrap or a kitchen towel, and let the dough rest until it has doubled in size, about 1 hour.
5. When the dough has risen, place it on a lightly floured surface, divide it into two or more parts and roll them into balls. Cover them with a towel and let rest for 15 minutes.
6. The dough is ready to be shaped, (if for a pizza) topped, and cooked.