*PIZZA DOUGH*

1.5 cups of lukewarm water

5 cups plain flour … (plus a small bowl for dusting the bench)

1.5 Tbsp instant yeast

* 1. tsp sugar

1 tbsp olive oil

*TOPPINGS*

1 small head Cauliflower (1.5 cup of grated)

1 Tbsp dried oregano

½ cup parmesan cheese

1 cup tasty or mozzarella cheese

1/3 cup olive oil

2 Tbsp thyme, picked

1 x20cm stem Rosemary, picked

***DOUGH***

1. Measure warm water, yeast and sugar in a small bowl or jug then mix with a fork and leave for 5-10 mins until it looks frothy. Add olive oil and mix well.
2. In a medium bowl add the flour and the salt. Stirring with a spoon add the frothy water. Mix until a shaggy dough is formed then knead with your hand for approximately 1-2 mins, until smooth ball forms. Remove from bowl and knead lightly on a bench (that is lightly floured to stop a sticky dough from developing. Add just a little pinch of flour at a time.) Continue kneading for 5-10 mins.
3. Leave to rest in a large bowl with a little oil wiped on the inside - cover with a tea-towel in a warm place and it should double in size (40 mins).
4. Once risen, tip onto bench and knead briefly. Place back in bowl, cover then let rest for 20 -40mins. **Use the pre-prepared dough.**

*TOPPING*

1. Wash, and spin dry the herbs. Pick the herbs and remove stalks.
2. Finely chop all herbs (except Sage) and put into a bowl. Keep Sage to the side for topping.
3. Remove skin from garlic and finely chop or mince (zester), add to bowl of herbs.
4. Break apart Cauliflower and grate half until you have filled 1 cup, then continue until you have another half cup. Leave the remaining cauliflower (whole) for the next class.
5. Finely grate cheeses and add along with olive oil to herb and cauliflower mixture, mix well.
6. Divide pizza dough into 3 then using a rolling pin, roll out pizza bases using extra flour if dough begins to stick.
7. Place pizza bases onto pre-oiled baking trays.
8. Arrange cauliflower/herb/cheese mixture evenly over pizza bases, top with sage
9. Bake for 10-15 mins or until golden brown. Remove from oven, cut into slices and serve.