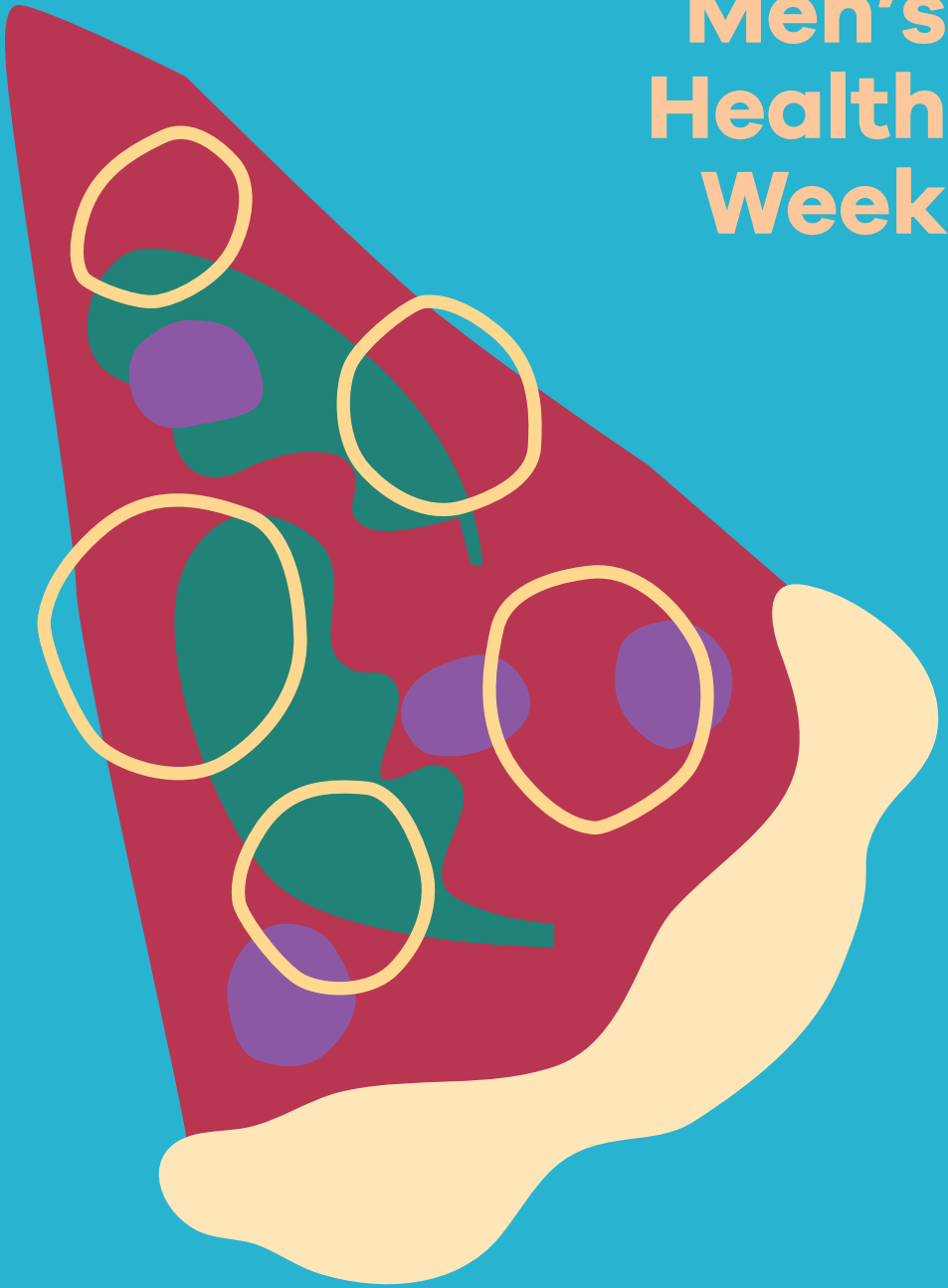


Men's Health Week



Pizza Dough
BY MARTIN ROCHE

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Men's Sheds are fully equipped workshops where both skilled and unskilled people can share time together and enjoy the great sense of accomplishment associated with producing quality products from a variety of materials.

The North Balwyn Community Men's Shed holds a BBQ on the last Thursday each month for members where they all come together to prepare and cook meals before sitting down to eat.

We are sharing this recipe with the community because we celebrate special occasions with pizzas baked in the Shed's pizza oven. Members have expressed that they love the social aspect of these catchups, which provide them with the opportunity to mix with their peers and widen their social contacts.

Men's Sheds play an important role, providing men with a place to go and a community to belong to. The Shed has formed an exceptionally friendly and supportive environment, which contributes to the general wellbeing of our members.

Ingredients

- SERVES 4**
- 400g bread flour**
- 100g semolina**
- 7g salt**
- 7g yeast**
- 1 tablespoon olive oil**
- Water (approx. 280mL)**

Method

Mix all the ingredients together in a bowl to make a smooth dough, with enough water to bring the dough together. Once the ingredients have come together in a dough, you can start to knead. Knead the dough for 10 minutes continuously.

Place the dough into a lightly oiled bowl and cover with a damp cloth. Allow the dough to rise to at least double its size. This will take between 60-90 minutes. Preheat your oven to 400°C.

Once the dough has risen sufficiently, turn it over in the bowl and knead it around a bit more to push out the air - this is called knocking back the dough. Divide the dough into two portions of 80-90 grams each. Roll each portion into a ball and set aside covered. Leave the dough to prove (rise) for another 30 minutes.

Remove the individual balls of dough and flatten them out using your hands or a rolling pin, into your preferred size or shape. Place the pizza bases on a baking tray and add your toppings - we like to use garlic, onion and beetroot from our garden. Cook in your very hot oven for 8 minutes. Remove from the oven, cut into wedges, and serve!