



**Alström Syndrome UK**  
Strength for today, hope for the future

# Stay Fit, Stay Healthy, Stay Happy

## Alex's pizza recipe



**Preparation Time**  
1 hour 45  
minutes

**Cooking Time**  
7-10 minutes

**Serves 4-6**

[www.alstrom.org.uk](http://www.alstrom.org.uk)

## What will I need?

### Pizza Base

500g bread flour (or 400g bread flour and 100g semolina flour)

7g dried yeast

1/2 teaspoon salt

1 1/2 teaspoon sugar

### Tomato topping

1 tin of tomatoes

small bunch of basil

clove of garlic

1 teaspoon of oil

Mozzarella cheese

## What will I need to do?

### Dough

1. Put flour and salt into a big bowl.

2. Put 325ml of lukewarm water into a small bowl. Add the sugar and yeast and stir.

3. Make a well in the flour, add the yeast mix & combine until it comes together.

4. Tip out onto a clean worktop and knead together for 10 minutes until the dough looks and feels smooth.

5. Lightly cover the inside of a bowl with a little oil and put the dough into it. Cover with clingfilm and put somewhere warm for an hour to rise or double in size.

6. When the dough has risen, divide into 4-6 balls, cover and rest for 15 minutes. This will make the dough easier to roll out.

### Tomato topping

1. Chop the garlic and fry in a saucepan, in a little oil, until brown.

2. Add the tomatoes, a pinch of salt,

pepper and the basil (just tear it in).

3. Simmer for 15-20 minutes or until it has thickened a little. I blend it whilst in the pan, but you don't have to.

### Creating the pizza!

1. Pre heat the oven to

240 degrees C or 220 degrees C Fan or Gas Mark 9 .

2. Tear a large piece of tin foil, wipe with oil and sprinkle with flour and semolina (if using).

3. Roll out each ball to 1/2 cm or as thin as you can.

4. Put the pizza onto the foil. Dust with flour and repeat with another piece of foil, piling the pizzas on top of each other. Cover with clingfilm and keep in the fridge until required.

5. Spread on the tomato topping and tear the mozzarella onto the pizza.

6. Cook in a hot oven, for 7-10 minutes on a pizza stone or tray, or just put the foil straight onto the shelf.

### Top Tips

**I have found that using a non-stick, reusable baking liner such as baco-glide is best, as you don't need to oil it. The pizza cooks really well on it when using a granite pizza stone. Alex loves helping with ALL parts of this recipe, especially eating it at the end.**

