

# Dough Recipe with Fresh Yeast

## Yeast



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GLOBE ARTICHOKES

When preparing dough using fresh yeast it is recommended to prepare the dough and refrigerate overnight. Place in refrigerator before it rises as it lengthens the fermentation time. This will improve the quality, texture and flavour of the bread

Please note: Place dough in a large container as the dough will still begin to rise in the fridge.



### Ingredients

600g good quality plain flour,  
20g fresh yeast,  
2 teaspoons salt,  
1 teaspoon sugar,  
375ml lukewarm water,  
2 tablespoons oil,

Extra oil

### How to Prepare

1. Place water and sugar in bowl and mix. Add crumbled yeast and stir until dissolved.
2. Make a well in the centre of flour mixture. Add water and yeast mix, salt and oil. Mix well.
3. Place the dough on a floured board. Knead dough until it is smooth and elastic.
4. Divide dough into 3 portions and knead into balls. Brush top with oil and place each piece of dough into a large container with a lid, or large bowl and cover with plastic wrap.
5. Place the 3 containers or bowls into the fridge and refrigerate for 24 hours.
6. Remove only the portion of dough from the fridge, and use as required.
7. The dough can last in the fridge for 4-5 days. Of course, the dough can be refrigerated without being divided into 3 portions if you have a large enough container to store it.
8. If making bread; preheat the oven to 200oC. Knead the dough well to remove any air bubbles and form to shape required. Bake for 25 minutes or until golden.
9. If making pizzas: preheat the oven to 220oC. Knead the dough well to remove any air bubbles and roll out. Top with your favourite ingredients. Bake for 15 minutes or until cooked.

**Makes 3 Pizzas or Breads.**

