



# Sourdough Pizza

FERMENTATION : OVERNIGHT

MAKES: 4 PIZZA BASES

COOK TIME: 5-7 MIN

## Ingredients

- 340 g water
- 80 g active starter
- 500 g baker flour
- 10 g salt (non-iodised)
- 14 g olive oil (2 tbsl)

## TO BAKE

- Preheat oven. Use Hot Oven. As high as your oven goes e.g. 280c
- Preheat Pizza Stone, Hot
- Bake for 5-7 minutes / cruster leave longer in oven

## Directions

1. Combine water and starter, mix well
2. Combine Flour, add salt after 90% mixed
3. Put olive oil in bowl
4. Place dough in bowl and cover
5. Rest for 1 hour then Stretch and fold, fold in oil
6. Rest for 1 hour then Stretch and fold, fold in oil
7. Rest for 1 hour then Stretch and fold, fold in oil
8. Rest for 1 hour then Stretch and fold, fold in oil
9. Dough is fermented during these S&F Stages. When the dough is soft, stretchy, bubbly, divide into 4 individual dough balls (approx 235g each)
10. Place balls into an oiled container, Fridge overnight
11. Next Day, Remove balls from fridge approx 2-3 hours before use to warm up dough
12. Lightly flour surface of bench. Wet your fingers and gently stretch each dough ball into a pizza base shape. Irregular thickness is ok
13. Use wet baking paper or semolina flour on the bottom. Can proof for around 30 minutes
14. Top with pizza sauce and toppings

Dough can be stored in fridge for up to 3 days



## Pizza Sauce - No cook

FERMENTATION : OVERNIGHT

PREP TIME: 10 MIN

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### Ingredients

- 170 g tomato paste
- 411 g tomato sauce
- 1-2 TBS dried oregano
- 2 TBS Italian seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ TBS garlic salt
- ¼ tsp freshly ground black pepper
- 1 tsp sugar (optional)

### Directions

1. Mix tomato paste and sauce together in a medium size bowl until smooth.
2. Add the rest of the ingredients - oregano, Italian seasoning, garlic powder, onion powder, garlic salt, pepper and sugar - and stir until evenly distributed throughout the sauce.
3. Taste and adjust seasonings to your liking.
4. Use on our sourdough pizza base



# Flatbread Stuffed

FERMENTATION : OVERNIGHT

PREP TIME: 15 MIN

COOKING TIME: 25 - 30 MIN

## Ingredients

200g flour  
70g water  
70g yoghurt  
50g sourdough starter  
4g salt

## Directions

1. Combine/Blend water, yoghurt and starter
2. Combine Flour
3. Rest for 30 mins
4. Add salt
5. Knead until dough is smooth
6. Let the dough rest in warm place, to bulk ferment for 5 hours
7. Refrigerate overnight
8. From fridge, shape into ## balls
9. Rest covered for 15 minute
10. Roll out the dough (rolling pin)
11. Add filling to the centre, gather the edges around the filling, pinch together to seal.
12. Put down the down into a circle / use rolling pin (dont tear dough /gentle but firm)
13. Rest until puffy
14. Brush with egg wash (optional)
15. Bake at 200c for 25/30 mins .

*SUITABLE VARIETY OF FILLINGS*

*CAN FRY IN A FRYPAN (THIN DOUGH)*

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# Gozleme

USE DOUGH: 1 HOUR

PREP TIME: 15 MIN

COOKING TIME: 6 MINS

## Ingredients

1 cup active Starter  
½ cup milk  
¼ cup plain Greek yogurt  
1 tsp baking powder  
2 cups flour  
1 tsp salt (non iodised)  
Lemon Juice  
Cooking oil/butter

## Directions

1. Combine the starter, milk and yogurt, mix well.
2. Mix flour, baking powder and salt.
3. Add dry and wet ingredients. On a floured surface, knead until smooth (3-4 minutes).
4. Cover dough, and allow to rest
5. Prepare fillings
6. Divide the dough into 6 balls.
7. With wet fingers, press the dough ball out until you get a decent sized circle - Not too thin, could tear. Not too thick issues with cooking.
8. Divide the filling on to half the circle.
9. Fold the empty half of the dough circle over the filling to make a half moon shape.
10. Press and seal the edges together.
11. On pan, add oil/butter and cook one gozleme at a time.
12. Allow to cook for 2-3 minutes on each side (turn once)
13. Once cooked, slice, use lemon/lime juice (optional)

SUITABLE VARIETY OF FILLINGS

NO OVEN -USES FRYPAN

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## VEG FILLINGS OPTIONS

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### Spinach/Cheese

150g Feta cheese/Ricotta crumbled

50 g grated cheddar/ mozzarella

100g Spinach

- Fresh (add hot water for quick cook) or Frozen defrosted.

Remove excess water

1 onion or spring onion

Garlic / Chilli (to your taste)

### Leek/Cheese

1 Leek thinly sliced (sauteed)

150g Feta cheese/Ricotta crumbled

50g grated cheddar/ mozzarella

1/4 cup Parsley (optional)

Salt & pepper

### Mushroom/Cheese

6 - 8 Mushrooms diced (sauteed)

150g Feta /Ricotta crumbled

1/4 cup Parsley

2 spring onions cut

Chilli/Garlic to your taste (optional)

Cheddar/Mozzarella (optional)

### Olive/Cheese

150g /Ricotta crumbled

Olives chopped

1/4 cup Parsley

2 spring onions cut

Cheddar/Mozzarella (optional)

*DONT OVER FILL*

*DONT USE TOO MANY FAVOURS - SIMPLE IS BEST*

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## MEAT FILLINGS OPTIONS

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### Lamb Mince

- 300g lamb Mince - sauteed
- Onion/spring onion -finely chopped
- 1 tbsp tomato paste
- Freshly cracked black pepper
- Optional: Chilli Flakes/Garlic
- Fresh mint -finely chopped
- cheddar/Mozzarella Cheese optional

### Beef Mince

- 300g Beef Mince - sauteed
- Onion/spring onion -finely chopped
- Freshly cracked black pepper
- optional : sauteed red capsicum
- Optional: Chilli Flakes/Garlic
- Fresh parsley -finely chopped
- cheddar/Mozzarella Cheese optional

### Portuguese chicken

- Portuguese Chicken cubed

