

# LENTIL DHAL PIZZA



## Ingredients

Dough: 65% hydration

*To make 4 x 350g dough balls for 12" Pizza  
Based on a 6hr prove time at 21C*

830g	Pizza or Italian 00 Flour
20g	Sea Salt
10g	Olive Oil
540g	Tepid Water
6g	Dry Yeast

## Lentil Dhal

2	Onions, Chopped
1	large apple, peeled and chopped
2tbsp	Olive Oil
2	Cloves of garlic, crushed
1	Bay Leaf
1tbsp	Medium Curry Powder
1tsp	Turmeric
1/2tsp	Ground Cumin
2	Cloves
350g	Red Split Lentils
800g	Water

Sea salt to taste  
Fresh black pepper to taste  
Squeeze of lemon juice

## To Garnish

Mozzarella or Cornish Yarg  
Chestnut Mushrooms, sliced  
Red chillies sliced

## Method

### The Dough

1. Add the flour and salt to a bowl and mix together
2. Add to this the olive oil
3. Measure out the water in a jug, to this add the yeast and mix until dissolved
4. Add this to flour/salt/olive and mix fully
5. Knead for a good 8 mins, until the dough is silky and smooth, and passes the window pane test
6. Place back in a bowl and cover with a damp towel and leave at an ambient temp of 21°C for 6hrs
7. After 6 hours it should be double in size, carefully empty onto a lightly floured work surface and divide the dough into 4 x 350g balls
8. Gently flatten a ball and draw towards you with a bench scraper or your hands. Turn 90° and repeat. You should see tension develop in the ball and it should become a tight shaped ball that will hold its shape.
9. Repeat with the other three balls
10. Place on a tray and cover for 1/2 hour
11. It's now time to turn on your oven or fire up the Pizza oven
12. After 1/2hr, it's time to shape your pizza.
13. With one dough ball, flour a 12" peel with rice flour or polenta
14. Gently flatten a dough ball starting from the centre and work outwards, flattening and gently stretching the dough, but without tearing it.
15. Once it's big enough, you can lift the dough and let it drape over your hand and at the same time rotating the dough. This will further stretch the dough
16. Repeat until you have a round 12" circle of dough

### The Dhal

1. Heat the pan, add the oil
2. Fry the onion and apple for 5 mins
3. Add the bay leaf and cloves, curry powder, turmeric, cumin and garlic, cook for a further 3mins
4. Add the lentils and mix until fully coated
5. Add the water and bring to the boil.
6. Put on a lid, turn the heat down and simmer for 30mins
7. Season to taste with salt, pepper and lemon juice.

The mix wants to be drier than normal to sit well on the pizza base.

### Construct

1. Spread an even layer of dhal over the pizza base
2. Layer on the mozzarella or Yarg
3. Add your mushrooms and chilli
4. Bake either in a pre-heated conventional oven at 270°C for 10 mins on a preheated pizza stone
5. Or in a Pizza Oven at 450°C for 1-2 mins