



THE LAB

Lots of things to make and do

DID YOU KNOW?
 In the US, an average of 350 pizza slices are eaten every second.



Make rainbow pizza

Put some science into your dinner time and mix up some pizza dough.

What you need

- 300g strong white bread **flour**
- 1 tsp instant yeast
- 1 tsp salt
- 200ml warm water
- 1 tbsp olive oil
- 2 garlic cloves
- 200ml passata
- Red peppers
- Carrots or orange peppers
- Sweetcorn or yellow peppers
- Broccoli or green peppers
- Purple cabbage

- Large bowl
- Wooden spoon
- Small pan
- Baking sheet
- Baking paper

- 1** Mix the flour, yeast and salt together in a bowl. Make a well in the centre and pour in the warm water. Bring everything together with the wooden spoon.
- 2** Tip the dough onto a floured surface and knead for five minutes. Cover with a tea towel and leave until it has doubled in size.
- 3** Meanwhile, crush and softly fry the garlic in oil, then pour in the passata. Simmer until the sauce thickens, then leave it to cool.
- 4** Preheat the oven to 240°C/220°C fan/gas 9 and pop in a baking sheet. When your dough is ready, cut it in two and roll out 25cm bases.
- 5** Put a base on a piece of baking paper, and add your sauce and toppings. Ask an adult to transfer it onto the hot baking sheet and put it back into the oven for 8–10 minutes, or until the base is crispy.



Allergy warning! Ingredients in **bold** are allergens (substances that can cause allergic reactions). Learn more at tinyurl.com/SN-allergy

How does it work?

The secret ingredient in this recipe is yeast. Yeast is a single-cell micro-organism (a living thing so tiny it can only be seen using a microscope) that is found pretty much everywhere in nature. It feeds on sugary and starchy foods, breaking them down in a process known as fermentation.

When you add warm water, the yeast wakes up and starts to guzzle the starches and sugars in the flour. In the process it gives off carbon dioxide (the gas that makes soft drinks fizzy). When covered and kept somewhere warm, the yeast feeds and multiplies – and the carbon dioxide gas puffs up the dough, increasing its volume. Baking in a hot oven kills the yeast, and the end result is a light and fluffy – and very yummy – pizza.

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