



# *Nicolás Cocina*

To help those in Chile  
affected by Coronavirus

*By Nicolás Olmos*



*I am Nicolás  
and I am  
11 years old.  
I have been  
baking for as  
long as I can  
remember.  
I enjoy baking  
because I like  
making people  
happy with  
my food.*



My Dad is Chilean and my Mum is British / Belgian. I live in the UK and my Dad lives in Chile. Coronavirus has meant that I haven't been able to see him this year. This book is my way of connecting with him and Chile.

I want this book to inspire people to cook. I also want to raise money for families in Chile who have been affected by Covid-19. Whilst I haven't been able to see my Dad, I have had food on the table and have been surrounded by smiles. Others haven't been so fortunate.

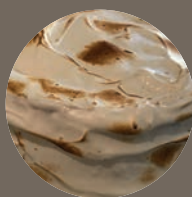
The recipes in this book tell the story of me. Section one contains Chilean classics that I have grown up with. Section two contains recipes inspired by people I love. In section three, I have included some of the things I enjoy baking.

Do not forget to check my guest recipe section at the end for some bonus recipes.

## *Chilean classics*



Roscas



Tres Leches



Pan  
Amasado



Chilean  
Sponge



Empanadas

## *Food inspired by people I love*



Pommes  
Françoise



Burger  
Buns



Carla's  
Chicken Pie



Oranais Aux  
Abricots



Banana  
Bread

## *My favourites*



Plum  
Pavlova



Tear  
and Share



Strawberry  
Sorbet



Fancy  
Madeleines



Red Berry  
Galletes

## *Guest recipes*

*from  
Michel Roux Jr.  
and  
Flat Earth Pizza*



Tomates  
farcie a  
l'ancienne



Frying pan  
pizza





*Chilean  
classics*



# Roscas

*This is my Daddy's recipe. My Mum told me that he used to make roscas for her when she was 18 and they had just met. They remind me of rainy days in the Cajon Del Maipo. Of course, we eat them straight from the pan, whilst they are hot, and before the icing sugar has had time to settle.*



## Ingredients:

450g plain flour  
200g caster sugar  
2 eggs  
Zest of a lemon  
1 tsp baking powder  
100ml milk  
50g melted butter  
Oil to deep fry



**Prep:**  
45min



**Cook:**  
15min



**Level:**  
easy (needs adult)



**Serves:**  
makes 24

1. Mix the flour, sugar, baking powder and zest together in a large bowl.
2. Add the eggs, milk and butter and mix together until it forms a smooth dough. Roll into a ball, wrap in cling film and leave to rest in the fridge for 30 minutes.
3. Split the dough into 24 equal pieces and roll each one into a sausage shape and then join the ends to make a ring.
4. Deep fry the dough in a pan of oil. You will need an adult to do this for you. Fry, turning over to cook both sides, until they are nice and brown and puffed up.
5. Place in a bowl with a paper towel to absorb the fat. Sprinkle with icing sugar and serve immediately. It's not traditional, but we dip them in manjar or chocolate spread to make them even more of a treat!







# Tres Leches Cake

*Nothing says “Chilean celebration” more than a Tres Leches cake. This cake reminds me of being surrounded by family and friends. This is a showstopper of a cake and well worth the effort it takes to make. This version is not as moist as some; if you prefer yours wetter, drizzle over more of the milk mixture to each layer.*

## Ingredients:

270g granulated sugar  
130g plain flour  
80g cornflour  
3 tbsp melted butter  
8 eggs  
240g evaporated milk  
240g condensed milk  
180ml double cream  
Manjar for filling  
(see page 9 for recipe)

## For Swiss meringue

4 egg whites  
200g granulated sugar

1. Preheat oven to 180°C. Grease and line three loose bottom cake tins (20cm wide).
2. Whisk 8 eggs and the sugar together in a bowl until well mixed. Place the bowl over a saucepan of simmering water (be careful that it doesn't sit in the water) and continue to whisk until the sugar dissolves. Remove from the heat and whisk further, until the mixture forms soft peaks.
3. Gently fold the flour and cornflour into the egg mixture. Once incorporated add in the melted butter. Separate the mixture into the cake tins and bake for around 15 minutes (a tester should come out clean). Bake out and leave to cool.
4. In a separate bowl mix the evaporated milk, condensed milk and cream together.
5. Take the first layer and place on a serving dish. Prick some holes in the cake with a fork, gradually pour over a third of the liquid mixture. Once soaked in, spread over a layer of manjar and sandwich with the next layer. Repeat. Use the remaining liquid for the third and final layer.
6. You now need to make the Swiss meringue to cover. Whilst making the meringue it is a good idea to store the cake in the fridge.
7. Place the egg whites and sugar in a bowl and place over a saucepan with simmering water. Mix slowly until the sugar has dissolved.
8. Take off the heat and whisk until the mixture forms stiff peaks.
9. Cover the cake with the meringue. To finish off the cake use a chef's blow torch (you will need an adult to help). If you don't have a blow torch you can leave as it is.



**Prep:**  
1hr 45min



**Cook:**  
15min



**Level:**  
medium/hard



**Serves:**  
10-15



# Pan Amasado

*Chileans love bread almost as much as the French do. This is a traditional recipe that my Abuela showed me. Pan amasado is best eaten warm with butter. Delicious!*



## Ingredients:

500g plain flour  
1 tsp salt  
1 tsp sugar  
(caster or granulated)  
80g lard  
7g dried yeast  
250ml warm water  
An egg yolk or milk for wash

1. Mix the flour, salt, sugar and yeast together. Add the melted lard and warm water.
2. Mix everything together with a wooden spoon and once incorporated knead the dough.
3. Cut the dough into 16 pieces, shape into rolls and flatten. With a fork prick the top several times to form a pattern. Cover with a damp tea towel and leave to prove for around 90 minutes.
4. Brush the tops of the rolls with egg yolk or milk.
5. Pan amasado is traditionally baked in a bread oven heated with wood. If you don't have one to hand(!) bake for around 30 minutes at 180°C. Serve warm with salted butter.



**Prep:**  
1hr 45min



**Cook:**  
30min



**Level:**  
easy



**Serves:**  
8

# Chilean Sponge

*This is a twist on the British classic Victoria Sponge. There is nothing more Chilean than manjar. If you haven't tried it then give it a go! I tend not to decorate, but it can be finished off with a dusting of icing sugar.*



## Ingredients:

225g softened butter  
225g self-raising flour  
225g caster sugar  
4 eggs  
1tbsp milk  
1tsp vanilla extract  
Manjar (dulce de leche)  
for filling\*  
Butter for cake tins

\* If you can't get hold of manjar, make it! Boil a sealed can of condensed milk (keep the can covered in water throughout) for 2 hours. Cool before opening.



**Prep:**  
20min



**Cook:**  
25min



**Level:**  
easy



**Serves:**  
8

1. Preheat oven to 180°C. Butter and line two 20cm round cake tins with baking paper.
2. Cube the butter, put into a bowl and beat until fluffy and white. Add the sugar and mix.
3. In a separate bowl beat the eggs and vanilla extract together. Slowly incorporate into the butter and sugar mixture.
4. Sift the flour into the mixture and add the milk. Stir to incorporate, removing all lumps.
5. Pour the mixture evenly into the two tins. Bake in the oven for 20-25 minutes (until a tester comes out clean). Leave on a wire rack to cool.
6. Place the cake on a board or plate. Spread manjar generously on the surface and sandwich with the other cake.







# Empanadas

*I have been making empanadas since I was very small. These have the traditional “pino” filling. You can get different varieties in Chile, filled with everything from chicken and cheese to prawns. Why don’t you have a go and make up your own filling?*



## Ingredients:

175ml boiled warm water  
500g self raising flour  
70g melted lard  
½ tsp salt

### For the pino

450g minced meat  
or diced steak  
1 garlic clove  
1 tsp oregano  
1 tsp aji de color / paprika  
1 pinch of salt  
1 large onion  
2 hard-boiled eggs  
6 black unpitted olives



**Prep:**  
45min



**Cook:**  
30min



**Level:**  
medium



**Serves:**  
6

1. Chop the onion and garlic and fry in a pan with the salt, oregano and paprika. Add in the meat and fry until cooked. Leave to cool.
2. Mix the water with ½ tsp salt. In a separate bowl rub the flour and lard together to form breadcrumbs. Gradually add in the water. Mix together with a knife in a cutting motion until the dough comes together.
3. Preheat the oven to 180°C. Cut the pastry into 6 and form individual balls. Roll each ball into a square and turn it so it makes a diamond shape as you look at it.
4. In the top triangle of the pastry place a couple of tablespoons of the meat mixture, one olive and a third of hard-boiled egg. Wet the edge of the top triangle with water and fold over the pastry. Turn back over two sides of the triangle to seal. Place on a baking sheet, brush with egg yolk and prick once with a fork. Bake for 15-20 minutes.





*Food  
inspired  
by people  
I love*







# Pommes Françoise

*This recipe reminds me of my Nanny. Not only because it shares a name with her, but because there is usually a slice waiting for me when I visit. Often used to make the most of windfall apples in the garden, it is best served warm with a generous serving of vanilla ice-cream.*



## Ingredients:

10 medium apples  
(sweet, not cooking)\*  
3 large eggs  
175g self-raising flour  
175g granulated sugar  
Butter for the dish

\* Why not try adding some blackberries too.

1. Preheat oven to 180°C. Butter an ovenproof dish (around 20cm long by 15cm wide) and set aside.
2. Peel and core the apples and cut into small chunks. Place at the bottom of the dish. The apples should cover the whole of the base of the dish and will be around 4cm deep.
3. Put the sugar and eggs in a bowl and beat until the mixture is frothy.
4. Sift the flour into the mixture and keep beating until it is all incorporated. The mixture will end up quite thick.
5. Cover the apples with the mixture. The mixture will lightly cover all the apples. You might think you do not have enough mixture. Don't worry, it will stretch, and it doesn't have to be deep. Cook in the oven for 30-45 minutes, until a tester comes out clean.



**Prep:**  
20min



**Cook:**  
30min



**Level:**  
easy



**Serves:**  
8

# Burger Buns

*My sister, Ana, loves a burger and that gives me an excuse to bake, so what could be better?*

*Best served with a home-made burger, lettuce, tomato, cheese and ketchup.*



## Ingredients:

450g strong bread flour  
5g dried yeast  
25g melted butter  
150ml milk  
120ml water  
30g caster sugar  
Pinch of salt  
Additional milk for brushing on at the end

Tip: If you want crustier rolls, place a tray of water in the oven when baking.



**Prep:**  
2hr 30min



**Cook:**  
20min



**Level:**  
medium



**Serves:**  
6

1. In a bowl mix together the flour, yeast, sugar, and salt. In a separate bowl mix the milk and water together and then add to the dry ingredients.
2. Knead the mixture to form a dough and continue to knead on a clean surface until it is smooth and elastic. Place it back in the bowl and knead in the melted butter.
3. Form a ball with the dough and place in the mixing bowl. Cover the bowl with a damp tea towel and leave to prove in a warm place for 1 hour 40 minutes.
4. Punch the middle of the dough once to deflate it and then form 6 buns of equal size. Place on a tray lined with grease proof paper, cover with a tea towel and leave to prove for a further 30 minutes.
5. Preheat your oven to 180°C. Brush the tops of the buns with milk. Bake for 20 minutes, until golden brown and they sound hollow when you tap the bottom.





# Carla's Chicken Pie

*This is a mash up of comfort foods. Aji de Gallina was what my Peruvian “nana” used to make me when I lived in Chile. My Granddad is from the East End of London and loves a pie! I love both, so I decided to combine the two. The result is amazing.*

## Ingredients:

### For the pastry\*

500g plain flour  
300g unsalted butter  
Pinch of salt  
2 eggs  
1tbsp Milk

\*Or you can cheat and use 750g of ready rolled shortcrust pastry

### For the filling

4 slices of white bread  
600ml milk  
3 teaspoons Aji Amarillo paste  
3 chicken breasts  
2 garlic cloves  
1 medium onion  
1 teaspoon cumin  
Pinch of salt  
1 teaspoon curry powder  
2 hard-boiled eggs  
A handful of pitted black olives



**Prep:**  
1hr



**Cook:**  
45min



**Level:**  
medium



**Serves:**  
6

1. Make the pastry by heaping the flour on a clean work surface and make a well in the centre. Place the cubed butter, salt, and egg in the well. Mix the ingredients in the middle with your fingertips. Gradually mix in the flour until the dough has a grainy texture. Add milk and knead with the palm of your hand until you have a smooth dough. Roll in a ball, cover with clingfilm and place in fridge.
2. Poach the chicken breasts in water for around 20 minutes, until the chicken is cooked through and tender.
3. Break the bread in chunks and place in a bowl. Cover the bread with the milk and leave to soak for 30 minutes. After 30 minutes blend to create a paste.
4. Chop the onion and garlic. Fry in a little oil until golden brown. Add in the Aji Amarillo paste, cumin, curry and salt. Stir continuously for around 3 minutes. Add the bread mixture and stir for a further 5 minutes. Take off the heat.
5. Shred the chicken and add to the mixture. Taste for seasoning. Heat the oven to 180°C.
6. Roll out  $\frac{3}{4}$  of the pastry to 3 mm thick and place inside a greased pie dish. Trim the pastry around the edge of the rim so that it comes up to the edge of the dish but does not spill over.
7. Fill the pastry lining with the mixture. Cut the hard-boiled eggs in eight. Spread the egg and olives evenly over the mixture.
8. Roll out a pastry lid (again around 3mm thick) and place on the top. Press the join of the pastry together with the back of a fork.
9. If you have any pastry left over, you can create a shape to decorate the top of the pie.
10. Brush the top of the pie with a little beaten egg. Make a small hole in the middle of the pie with a knife to let the steam escape whilst cooking. Bake for 45 minutes or until the pastry is golden brown.



# Oranais aux abricots

*My whole family loves apricots. In Chile we have apricot trees in my garden, which means I can experiment with them. They are delicious warm from the tree and this recipe captures that same intensity of flavour. Whilst I tend to make these with homemade rough puff, this works just as well with shop bought pastry and converts this recipe into one that is quick and easy to pull together.*

## Ingredients:

300g puff pastry  
(readymade)  
2 egg yolks  
50g caster sugar  
15g plain flour  
170ml milk  
10 large fresh apricots  
1 egg yolk  
(for egg wash)



**Prep:**  
30min



**Cook:**  
20min



**Level:**  
easy / medium



**Serves:**  
10

1. In a bowl whisk together 2 egg yolks, sugar and flour until thick and pale.
2. Place the milk in a pan and bring to the boil. Take off the heat.
3. Pour the milk slowly over the egg mixture, whisking continually. This is important or you will end up with scrambled eggs! Once incorporated, return to the pan and put back on the heat. Whisk until thick. Remove from heat and pour the mixture into a bowl. Cover the surface with clingfilm (it should touch the mixture to prevent a skin forming) and allow to cool.
4. Roll out the pastry and cut into 10 squares. Cut the apricots in half and stone. Spread a tablespoon of the creme patissiere, from step 2, diagonally over the pastry. Place half an apricot on each end of the creme patissiere and fold the uncovered corners over into the middle. The points will overlap.
5. Brush beaten egg yolk over the pastry and then bake at 180°C for 20 minutes or until golden.





# Banana Bread

*My younger brother Daniel is very cheeky. He loves cooking with me, and this is his go-to recipe, because he loves to make it, but mainly because he loves to eat it.*



## Ingredients:

3 bananas  
(the riper the better)  
2 tbsp maple syrup  
2 eggs  
150g raisins or sultanas  
100g soft brown sugar  
225g plain flour  
2 tsp baking powder  
100g butter  
1 tsp cinnamon  
(optional)



**Prep:**  
15min



**Cook:**  
1hr



**Level:**  
easy



**Serves:**  
10

1. Preheat oven to 180°C. Grease a loaf tin and set aside.
2. Cut the butter in cubes and rub together with the flour. Add in the sugar, raisins, baking powder and cinnamon and mix well.
3. In a separate bowl mash the bananas. Add in the beaten eggs and maple syrup.
4. Add the banana mix to the dry ingredients and combine. Pour into the greased tin and bake for 50 minutes to an hour.
5. Check the bread after 30-40 minutes. If it looks like the top is done, but it is still runny, cover with foil for the remainder of the bake to prevent the top from burning.



*My  
favourites*



# Plum Pavlova

*My Mum loves pavlova, but who doesn't? I invented this recipe after we were given a big basket of plums from the fruit and veg market. If you can't buy egg whites separately, you can use the egg yolks to make a custard or ice cream!*

## Ingredients:

6 egg whites  
350g caster sugar  
3 tsp cornflour  
½ tsp vinegar  
300ml whipping cream  
7 Victoria plums  
(about 350g)  
1 tsp cinnamon  
½ tsp allspice  
500ml red wine  
½ rind orange  
2 tbsp sugar



**Prep:**  
30min



**Cook:**  
1hr 10min



**Level:**  
medium



**Serves:**  
4-6

1. Preheat oven to 140°C. Whip the egg whites until they form stiff peaks. Gradually add the caster sugar, one tablespoon at a time, whilst continuing to whip the eggs.
2. When the meringue is glossy and holding stiff peaks, fold in the cornflour and the vinegar.
3. Place the meringue on a flat baking sheet lined with paper. Form a circle with the meringue mixture in the middle of the paper. Don't worry if it is a bit uneven. The meringue circle will be about 4cms thick. Bake for 70 minutes.
4. Whilst the meringue is baking, quarter and stone the plums and place in a saucepan with the cinnamon, allspice, red wine, orange rind and sugar.
5. Bring to the boil and then simmer for 10 minutes (until the plums are soft but still hold their shape). Take the plums out and reduce the liquid by boiling for a further 5 minutes, discard the rind.
6. Whip the cream and spread over the cooled meringue. Arrange the cold plums on the cream and finish with the sauce.







# Tear and Share

*I love to bake bread and this is one of my favourite recipes. The best way to eat this bread is by tearing off the individual rolls whilst they are still warm. Serve with salty butter, or with a little jam or cheese.*



## Ingredients:

7g dried yeast  
350ml warm water  
500g strong bread flour  
1 tsp salt  
2 tbsp poppy seeds

Tip: If you want a crustier finish, place a tray of water in the oven when baking.



**Prep:**  
2hr 15min



**Cook:**  
30min



**Level:**  
medium



**Serves:**  
6-8

1. Mix the yeast and water together in a small bowl and let it rest for 5 minutes, until it bubbles.
2. In a bigger bowl, mix the flour and salt together. Make a well in the middle and then slowly add the yeast and water. Mix together until it forms a dough.
3. Knead the dough on a clean work surface for around 5 minutes until it becomes elastic. Form a ball with the dough and place in a bowl. Cover the bowl with a damp tea-towel. Let prove for 90 minutes.
4. The dough should have doubled in size. Knock it back by punching it once in the middle. Line a deep cake tin with baking paper.
5. Line a deep cake tin with baking paper.
6. Take the mixture out and cut into 16 portions. Roll each into a ball and arrange around the tin, which should be full when you have finished. It does not matter if there are a few little holes though. It will come together on the second prove. Sprinkle with poppy seeds.
7. Cover with a damp tea-towel and prove for another 20 minutes. Meanwhile preheat the oven to 200°C. Bake for 30 minutes or until golden.

# Strawberry Sorbet

*I discovered how easy it was to make ice-cream and sorbet when my Mum was clearing out her gadget cupboard and found her old ice-cream churner. If you don't have one, they can be picked up relatively cheaply second-hand and I would recommend it.*



## Ingredients:

700g strawberries  
110g sugar  
100 ml water  
2 tsp liquid glucose  
A few sprigs of mint (optional)

1. Put sugar, liquid glucose and water into a small saucepan and boil for 3 minutes. Take off the heat.
2. Remove the tips of the strawberries and then blend with the mint until smooth. Pass through a fine sieve to remove pips.
3. Mix the puree and syrup together. Put into an ice-cream churner and churn for about 20 minutes.
4. Serve immediately or transfer into a container and freeze. The sorbet will keep for about three weeks (if you can keep from eating it for that long).



**Prep:**  
40min



**Level:**  
easy  
(requires special equipment)



**Serves:**  
8



# Fancy Madeleines

*These are fun to make and, whilst they would traditionally be eaten plain, my decorated version makes them a perfect party treat.*



## Ingredients:

110g salted butter  
2 eggs  
100g granulated sugar  
110g plain flour  
1 tsp baking powder  
1 tsp vanilla extract  
150g chocolate  
(mixture of plain and white)  
Toppings  
(chocolate sprinkles, pistachio  
nuts, freeze dried fruit)

### For moulds

2 tbsp melted butter  
2 tbsp flour



**Prep:**  
40min



**Cook:**  
10min



**Level:**  
easy



**Makes:**  
24

1. Grease two madeleine moulds (24 individual madeleines) with the melted butter. Sprinkle flour into the moulds and shake off the excess. Place the moulds in the freezer. This gives you a bigger bump at the end!
2. Melt the butter and leave to one side. Beat the eggs and sugar together until thick and fluffy.
3. Fold the flour and baking powder into the eggs and sugar, making sure there are no lumps. Incorporate the butter and vanilla extract.
4. Take the moulds out of the freezer and fill with the batter  $\frac{3}{4}$  of the way up. Place in fridge to keep the mixture cold.
5. Turn on the oven to 180°C. Once it has reached temperature, take the moulds out of the fridge. Bake for 8-10 minutes, or until a cake tester comes out clean.
6. Break chocolate (white or dark) into pieces and place into a microwave proof bowl. Heat in microwave for 15 seconds, stir and repeat until fully melted. Dip the madeleines into the chocolate so half is covered. Sprinkle with your choice of topping. Leave to dry on a rack.

# Red Berry Galletes

*This is a traditional French recipe and can be eaten warm or cold. I serve it with a sprig of mint and with the strained fruit juice, but they are delicious on their own or with some Chantilly cream.*



## Ingredients:

250g plain flour  
100g slightly softened butter  
100g icing sugar  
Pinch of salt  
2 eggs

### For the filling

225g of berries of choice  
2 tbsp caster sugar  
1 tbsp cornflour  
Juice and zest of 1 lemon

### For the top

1 egg, beaten  
Granulated sugar



**Prep:**  
90min



**Cook:**  
30min



**Level:**  
medium



**Serves:**  
8

1. Place the flour in a heap on a work surface and make a well in the middle. Add the sugar, cubed butter and salt to the well and mix together with your fingertips.
2. Make another well, add in the eggs and mix. Knead the dough with the palm of your hand until it comes together. Roll in a ball, wrap with clingfilm and refrigerate for at least an hour.
3. Preheat the oven to 180°C and grease a baking tray.
4. Mix the berries, sugar, cornflour, lemon juice and zest together. Leave to one side.
5. Roll out the pastry to roughly 5mm thick and cut out 8 circles of equal size.
6. Strain the berries (keeping the juice for serving) and place a spoonful of berries into the middle of each pastry circle, leaving a few centimetres free around the edge. Make a parcel by folding the edges of the pastry over onto the filling, leaving some berries uncovered in the middle.
7. Brush the pastry with the egg and sprinkle with sugar. Bake for 25-30 minutes.





*Guest  
recipes*



# Tomates farcie à l'ancienne

*Michel Roux (Sr. and Jr.) are both inspirations to me. This recipe is published with permission from Michel Roux Jr, The French Revolution. The photo is my attempt at making it!*



## Ingredients:

8 large beef tomatoes  
4 garlic cloves, peeled and very finely chopped  
2 onions, peeled and very finely chopped  
100g breadcrumbs  
1 free-range egg, beaten  
4 tbsp chopped parsley  
600g minced beef  
200g minced pork  
Olive oil  
Salt and freshly ground black pepper

1. Take the tomatoes and cut a slice, about 5mm thick, from the top of each one. Set these lids aside. Carefully remove all the seeds and water from the inside. Sprinkle a little salt inside the tomatoes, turn them upside down and leave them to drain for 20 minutes. Preheat the oven to 200°C, fan 180°C, Gas 6.
2. Mix the garlic and the onions with the breadcrumbs, egg and parsley. Season the mixture well and then work in the meats until well mixed. Stuff the tomatoes with the filling and put the lids on top. Place the tomatoes in a roasting tin and drizzle them with olive oil. Bake them in the preheated oven for 40 minutes.
3. Serve with rice or bread to soak up all the juices or just with a salad.



**Prep:**  
30min



**Cook:**  
40min



**Level:**  
easy



**Serves:**  
8



# Frying Pan Pizza

*This recipe is published with permission from Flat Earth Pizza. Flat Earth make meat-free pizzas using locally sourced, seasonal ingredients with an emphasis on fermenting and foraging.*



## Ingredients:

### For yeast starter

1/4 pint filtered water at approx. blood temp (37°C)  
1 x rounded tsp of dried yeast  
1 x flat tsp of sugar

### For dough starter

1/4 pint of flour  
(We use a stoneground, organic wheat flour)

### For dough

1 x heaped tsp of natural sea salt  
1/4 pint flour  
1 dstspn olive oil

## Yeast Starter

Put the 3 ingredients into a sturdy glass and stir well with a teaspoon until dissolved. Place in a warm area of the kitchen and set aside for 30 minutes until a layer of froth forms on the top like a cappuccino. *(We do this to check the yeast has life in it)*

## Dough Starter

Place the flour in a high sided bowl, add the yeast starter and stir together using a silicone spatula to ensure everything is combined and you have no lumps or unmixed dough.

Leave the 'batter' in a warm part of your kitchen covering with a cloth or plate until you see a 50% rise in the mix (approx 2 hours).



*Serves:*  
2

## *Dough*

Add half of the remaining flour and salt to your risen starter and fold with a spatula until the ingredients have combined together – with a little flour around the bowl remaining.

Turn out the dough (and any remaining flour) onto a cold work surface and bring the dough together until you have combined all the flour and salt and you have a smooth dough throughout. Intermittently use some of the remaining flour in your glass to continue to sprinkle on the dough to stop it sticking and to bring the dough together so not too wet and will form a dough ball which is easy to handle – soft but well mixed together.

Place the dessert spoon of olive oil in your bowl, add the dough ball and cover the surface with the oil, place on a lid / tea towel and rest for 1 to 2 hours.

## *Kneading & proving*

Take the oiled dough ball from the bowl and cut through into 2 equal parts.

Sprinkle a little flour onto a cold surface and stretch each dough ball by bringing the dough together, pushing forward through the dough, turn the dough 90 degrees, fold the dough over (in half) to bring the dough together again and do this a maximum 16 times (turning dough through 360 degrees 4 times). note; The oil on the dough ball will initially help prevent the dough sticking to your hands. The dough has now been worked enough to strengthen the gluten strands which provides the structure to hold the air in and create the bubbles when cooking.

Finally dust each ball lightly with flour and place onto a tray and cover allowing a minimum of 1 hour (in a warm environment) to a maximum of 24 hours (in a fridge) to prove and let the flavours develop. The longer the prove the more distinct the flavour of the dough.

## *Shaping*

Take the dough ball from the tray and dust with flour or semolina (which I prefer for a crustier pizza crust) and place onto a smooth cool surface. Now the roll!

Treating the dough ball gently to retain structure, place ball onto a counter and gently outwardly flatten with the dry palm of your hand turning through 90 degrees after each press and stretch. Keep the dough ball lightly dusted and when you have a round flattish dough ball (the size of a saucer) continue to turn and roll using a rolling pin or your hands.

If I am turning and stretching with my hands I will keep a 2 cm frame of puffy dough around the disc by pushing evenly out from the middle. If I am using a rolling pin this will be a little more difficult but, in both counts, try to avoid overworking the outer rim of the dough ball.

## *Cooking*

Take a 12inch heavy bottomed frying pan and place on to a hob at the highest setting. Take your rolled-out pizza disc and place in the pan. Leave 'naked' for no more than 1 minute to cook the base through. note: You will start to see some rising of the dough across the whole disc.

Add your sauce of choice and any toppings you choose. Don't overload your pizza as this will hinder the cooking of the dough.

Check the base of the pizza using a plastic spatula to ensure it is nicely browned.

Now place on the top shelf under your grill at its highest setting to cook the toppings and melt the cheese from the top.

Keep checking until you have a nice bubbly top to your pizza. Note do not place any delicate ingredients such as basil leaves on the top as these will burn under the grill.



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for buying  
my book,  
I really hope  
you enjoy the  
recipes as  
much as I do.*



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