

Crispiest Thin Pizza Dough

Type: Main

Serves: 30 Tastes

Technique: Proving Dough

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| EQUIPMENT: Large Bowl Wooden Spoon Large Tray Plastic Wrap TO SERVE: | INGREDIENTS: 4 1/2 Cups Plain Four 1 Tablespoon Dried Yeast 1 teaspoon salt 1 3/4 very warm water(hand hot) 1/4 cup olive oil Extra olive oil for greasing |
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WHAT TO DO:

- Mix yeast and warm water in large bowl with wooden spoon.
- Add all ingredients together until combined.
- Wipe stainless steel bench and dry with clean cloth. Lightly flour the bench and turn the dough onto it. Divide dough into 2 balls and 2 children knead for 3-5 minutes until the dough is smooth.
- Divide the dough ball into 2 equal balls then place in oiled bowl and brush a little oil over the top of the dough. This prevents the surface of the dough from drying out as it proves.
- Cover with plastic wrap and place in a warm, draught free location to "prove" ie double in size. This will take about 30 min to 1 hour. The ideal temperature for proving is about 30deg C
- Place dough onto floured bench and roll out until quite thin (about 1/2 to 1 cm thick).
- Brush a large amount of olive oil on the pizza tray and place the dough on and then brush top of pizza dough generously with oil. Pizza is now ready for toppings.

Pizza Tomato Sauce

Type: Dessert
bestrecipes.com.au

Serves : 30

Recipe source:

Fresh from the garden: oregano, tomatoes, onion, garlic.

| EQUIPMENT: | INGREDIENTS: |
|---|---|
| Saucepan Knife Measuring cups Measuring spoons | <ul style="list-style-type: none">• 1 tbsp olive oil• 1 onion, finely diced• 1 clove garlic, crushed• 2 tbsp tomato paste• 2 cups crushed tomatoes (or 1 tin of chopped tomatoes)• 1 tsp brown sugar• 1 tsp oregano, finely chopped• Salt and pepper |

What to do:

1. In a small saucepan heat the olive oil then add the onion and garlic.
2. Cook stirring over a moderate heat until translucent.
3. Add tomato paste and stir through the onions and garlic. Cook for three minutes.
4. Add the remaining ingredients and stir to combine.
5. Allow to simmer uncovered over a low heat for 20 minutes, or until the sauce has thickened.
6. Stir occasionally to avoid the sauce sticking to the bottom of the pan.

TOPPING SUGGESTIONS:

- Tomato, basil & Bacon
- Potato & Rosemary,
- Mince & onion
- Ham & Pineapple
- Supreme - capsicum, cabanossi, mushrooms, shallots, parsley, olives, mozzarella cheese, chives, tomato, etc.

Spinach & Sundried Tomato Stuffed Pizza

Type: Main
eatingwell.com

Serves: 30 tastes

Recipe source:

Fresh from the garden: spinach, oregano, garlic, basil.

EQUIPMENT:

Measuring spoons
Measuring cups
Bowls
Knives
Pizza trays
Digital scales
Grater

INGREDIENTS:

- Cooking spray, preferably canola or olive oil
- 1 package firm water-packed tofu, drained
- 400g chopped spinach, squeezed dry
- 1/2 cup chopped soft or reconstituted sun-dried tomatoes
- 1/2 cup finely shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped fresh basil
- 1/2 teaspoon onion powder
- 1/4 teaspoon freshly ground pepper
- 1 prepared pizza dough, preferably whole-wheat

What to do:

1. Position rack in lower third of oven; preheat to 200 Celcius. Coat a large pizza tray with cooking spray.
2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, parmesan, mozzarella, basil, onion powder, salt and pepper.
3. Roll out dough on a lightly floured surface to about the length of the prepared pizza tray and twice as wide. Transfer the dough to the pizza tray, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 2 ½ cm border. Fold the overhanging dough over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.
4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

Garden Pizza

Type: Main
eatingwell.com

Serves: 30 tastes

Recipe source:

Fresh from the garden: zucchini, tomatoes, oregano, bell pepper, basil.

| EQUIPMENT: | INGREDIENTS: |
|--|--|
| Measuring spoons Measuring cups Bowls Knives Pizza trays Digital scales Grater | 4 whole baby or 1 medium zucchini, halved lengthwise cherry tomatoes 2 tablespoons tomato paste 8 fresh basil leaves Cornmeal for dusting 2 teaspoons fresh oregano 1/4 teaspoon salt 1/2 teaspoon freshly ground pepper 1 Pizza Dough (recipe follows) 125gm mozzarella cheese, thinly sliced 1 medium bell pepper, diced 3 tablespoons grated Parmesan cheese |

What to do:

1. Preheat oven to medium-high (190 degrees celcius).
2. Grill or fry zucchini until marked and softened, about 4 minutes. Thinly slice. Reduce heat to low (160 degrees celcius).
3. Process tomatoes, tomato paste, basil, oregano, salt and pepper in a food processor until smooth, scraping down the sides as needed.
4. Sprinkle cornmeal onto a large baking sheet. Roll out the dough and transfer it to the pizza tray, making sure the underside of the dough is completely coated with cornmeal.
5. Cook until lightly browned, 3 to 4 minutes.
6. Using a large spatula, flip the crust. Spread the tomato mixture on the crust, leaving a 2 1/2 cm border. Quickly top with mozzarella, bell pepper and the zucchini. Sprinkle on Parmesan.
7. Cook until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Silverbeet & Sweet Potato Torte

Type: Main Serves: 30 tastes

Recipe source: Goodfood.com

Fresh from the garden: Silverbeet (spinach), sweet potato, eggs, onion, parsley.

EQUIPMENT:

Whisk
Fork
Measuring spoons
Sifter
Measuring cups
Wooden spoons
Bowls
Knives
Chopping boards
Colander
Food processor
Pizza trays

For serving:

Serving platter
Tongs

INGREDIENTS:

Dough:

200g (1 $\frac{1}{4}$ cups) plain flour
 $\frac{1}{2}$ tsp salt
1 $\frac{1}{2}$ tbsp EV olive oil
 $\frac{1}{2}$ cup cold water

Filling:

150g young silverbeet leaves and stalks
1 tbsp salt
1 medium sweet potato (150g), boiled whole, peeled and roughly chopped
1 medium onion, finely chopped
2 tbsp chopped parsley
150g crumbled "stretchy" cheese (such as fontina, asiago, mozzarella or feta)
Ground black pepper
1 large egg
2 tbsp extra virgin olive oil
sea salt

To make dough:

1. Put flour and salt in bowl of food processor. Whizz and drizzle in the oil and then the water.
2. Continue to process the dough for about a minute until it forms a ball. Remove to a floured surface and knead for 2-3 minutes until it is supple and smooth.
3. Place in a bowl, cover with a cloth and refrigerate for 2 hours to relax the gluten. Preheat oven to 200C. Lightly oil a 28-cm pizza tray.

To make the filling:

1. Finely shred and chop the leaves and stalks of the silverbeet. Place in a colander and toss with the tablespoon of salt. Leave for 20 minutes, then quickly rinse and squeeze dry in a clean cloth. Transfer silverbeet to a bowl with the chopped potato, diced onion, parsley and cheese. Season with pepper. Whisk the egg with 1 tablespoon of extra virgin olive oil and mix through filling.

To assemble:

1. Roll two-thirds of the dough on a floured surface into a circle that will easily cover the base of the pizza tray. Spoon on the filling, leaving a 2cm border of dough.
2. Stretch back the edge of the dough over the filling, pleating it as you go.
3. Dampen with water. Roll remaining dough a little smaller and drape it over the filling. Press to seal with the pleated edge. Pierce here and there with a fork then drizzle the top of the torte with the remaining tablespoon of oil.
4. Scatter with a few grains of sea salt. Bake for 20 minutes or until golden. Leave to settle for 10 minutes before cutting.

Tropical Pizza

Type: Main/Snack **Serves:** 30 tastes **Recipe source:** Healthy Food Fast

Fresh from the garden: mushrooms, parsley, oregano, basil, capsicum

| EQUIPMENT: | INGREDIENTS: |
|--|--|
| Knife Chopping boards Bowls Pizza trays Serving spoon Measuring cups & spoons Wooden spoon Pizza cutter | Pizza dough, pizza base or Turkish bread $\frac{1}{4}$ cup tomato paste 100g ham, chopped 225g pineapple pieces, drained 1 medium red or green capsicum, chopped 100g mushrooms, sliced 100g mozzarella cheese 1 tablespoon chopped herb - (parsley, basil, oregano) |

1. Preheat oven to 200 degrees celcius.
2. Spread pizza base with pasta sauce.
3. Top with ham, pineapple, capsicum, mushrooms and cheese.
4. Sprinkle with herbs.
5. Bake for 10 - 15 minutes until heated through and brown.