

Basic Flatbread Pizza Recipe

Season: Any

Type: Main

Difficulty: Easy

Serves: Two medium pizzas

Fresh from the garden: Herbs, Roast Pumpkin, Semi-dried tomato sauce, Capsicum and many other toppings!

Recipe source: Liz Scott – Extraordinary Garden Specialist

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Mixing Bowl • Measuring cups • Pizza Stone • Wooden chopping board • Plate or bowl for toppings • Rolling Pin • Pizza cutter or knife 	<ul style="list-style-type: none"> • 1 cup of bread flour (or plain flour) • ½ cup of wholemeal Atta or Chapatti flour • 1 level tablespoon of Extra Virgin Olive Oil • ½ teaspoon of salt • ½ cup water • Fresh toppings • Tomato sauce

What to do:

- Place the Pizza Stone in the cold oven and turn to **200C**.
- Get your mixing bowl and measure the flour. It is fine to use just plain or bread flour but the wholemeal is great for flavour.
- Add the salt next, then make a little well in the centre and add the oil and water.
- Fold in the flour into the liquid carefully for a few minutes until it is combined. You want a nice dough that is not too wet and sticky but also not too stiff and dry.
- Take turns kneading the dough until it feels really smooth on a lightly floured board.
- Now roll out half the dough on your board, making sure it will fit on the stone.

You are now ready to add toppings. **Please get these from the bench using gloves or tongs provided (remember about food safety):**

- Start with a tomato sauce base – you can use our semi-dried tomato sauce from earlier in the term or just tomato paste
- Add a handful of mozzarella cheese (or other cheese if you prefer)
- Add on a little of each topping you like from those available, but make sure you use some produce from the garden.
- Less is more! Stick to about 5-6 toppings, not overly loaded and you will have a great pizza!
- **Now your helper will slide the pizza on to the hot pizza stone.**

- Cook for 8-10 minutes (depending on amount of toppings and taste) then your helper will slide the pizza on to your plate. Meanwhile you can start on the next pizza using the remaining dough...

Notes

I just used some Passata (strained tomatoes) and heated it in a wide based pan for about half an hour to make a nice, simple tomato sauce. This is a cheap and additive free sauce, and you can add herbs to this if you like. I often freeze this at home in an ice tray to defrost in small portions.

You might be surprised how well different vegetables work on pizza, we have used:

- Broccoli
- Silverbeet
- Sweetcorn
- Semi-dried tomatoes
- Capsicum
- Mushrooms
- Roasted Pumpkin
- Roasted eggplant
- Olives
- Spring Onions
- LOADS of herbs

Just chop them nice and finely so they cook well. You need only small amounts so if you want to add some meat you could use Pancetta or leftover roast meats. Pizza is a great way to use leftovers!