

PIZZA FOR TWOEquipment:

large mixing bowl
whisk
dry measuring spoons
liquid measuring cup
wooden spoon

pizza pan
fork
tablespoon
chef's knife
cutting board
grater

Method:

1. Lightly grease baking sheet and preheat oven to 425° F (220° C).
2. In a large bowl, whisk together flour, salt, sugar and yeast.
3. Add warm tap water and mix the dough with a wooden spoon.
4. Add the whole wheat flour and stir until the dough leaves the sides of the bowl.
5. Knead the dough in the bowl until smooth and elastic.
6. Prepare toppings.
7. Prepare sauce by mixing tomato sauce with herbs and spices.
8. Sprinkle pan with cornmeal.
9. Pull and stretch dough. Pat out onto pan. ~~Brush with oil~~ and pinch up sides.
10. Pour tomato sauce mixture over crust and spread evenly using back of wooden spoon.
11. Sprinkle with cheese and toppings.
12. Bake 8 to 10 minutes, until centre tests done with tip of knife and edge is lightly browned.

Ingredients:

200 mL all-purpose flour
3 mL salt
2 mL sugar
5 mL instant yeast

125 mL warm water

100 mL whole wheat flour

Optional toppings: salami,
pepperoni, ham, olives,
sundried tomatoes, onion
fresh tomatoes, pineapple,
green pepper, mushrooms

125 mL tomato sauce
1 mL oregano and basil
1 mL salt and garlic powder
dash pepper

5 mL cornmeal

~~40 mL oil~~

50 mL grated Cheddar cheese
125 mL grated Mozzarella cheese
15 mL Parmesan cheese



TWO VARIATIONS ON PIZZA

Use the pizza dough and sauce as in the PIZZA FOR TWO recipe. Make one recipe for your whole unit. Divide the dough and sauce in half between the two partners. One pair will make a CALZONE; the other pair will make PIZZA FRITTA.

CALZONE- Use half PIZZA FOR TWO recipe, plus 10 mL milk.

1. Preheat oven to 200 C/400 F.
2. Prepare whatever toppings/fillings you like.
3. Stretch out the dough to a large, thin circle. Place on baking sheet.
4. Spread sauce over the centre of the circle, leaving a wide border without sauce.
5. Place filling and cheese on one half of the circle.
6. Brush a bit of milk over the edge of the circle. Carefully lift the empty side of the circle and gently pull it over to fold the circle in half, covering all the filling. Press edge together and seal with the tongs of a fork.
7. Brush the whole top with milk.
8. Bake for 20 minutes. Share with the other partners in your unit.



PIZZA FRITTA - Use half PIZZA FOR TWO recipe, plus oil to fill pan about 1.5 cm/1/2" deep.

1. Divide dough into 3 or 4 small rounds. Flatten with your hands.
2. Place sauce in small saucepan and warm over medium-low heat. You can add mushrooms or other small vegetables to the sauce if you like.
3. Heat oil in cast iron frying pan.
4. Once oil is hot enough to sizzle a drop of water, carefully add rounds of dough.



5. When dough starts to turn golden brown, use tongs to carefully turn dough. Once the dough is golden brown on both sides, use tongs to remove. Let some oil drip back into the pan, then place on folded paper towels to absorb excess oil.
6. Spread heated sauce on hot dough, then sprinkle with mozzarella. Top with basil or other herbs. Share with the other partners in your unit.