



## Pizza

You can go about making pizza in one of two ways. For a fun cooking experience with your children, set aside a couple of hours and make the dough from scratch. It's very rewarding to knead it, watch it rise and know that, in the end, you are eating the fruits of a beautiful, patient labor. OR...you can either purchase pizza dough at your local pizzeria or buy frozen or pre-made pizza dough. Below are recipes for the dough, traditional tomato sauce, and three very different types of pizza.

### I. The Dough

*For Sponge:*

- 1 tablespoon dry yeast
- 1 tablespoon honey
- 2/3 cup lukewarm water
- ½ cup unbleached white bread flour

*Add:*

- ½ cup warm water
- ¼ cup extra virgin olive oil
- 1 tablespoon sea salt
- 2 cups whole wheat flour
- 1- 1½ cups unbleached white bread flour

### Procedure

1. In a bowl, mix all sponge ingredients well. Cover with plastic wrap and let rise for 30 minutes in a warm, draft-free area.
2. Add water, oil, and salt and mix.
3. Add flour in ½ cup increments and mix well. Dough will start to come together into a ball. It should be dry enough to stay together, but still soft and sticky.
4. Turn it out onto a floured board and knead for 8-10 minutes. As long as dough continues to be sticky, you can continue to dust your board (and your hands) lightly with flour.
5. Place dough in a bowl coated very lightly with olive oil. Cover with plastic wrap or drape with a clean dish towel. Set aside in a warm, draft-free spot for about 1 hour or until the dough has doubled in size.
6. Punch the dough down, knead a couple of times to form a ball again.
7. Lightly oil your baking pan and roll out the dough to fit your pan, round or square. For a thin pizza dough, place your topping on and bake right away. For a thicker, spongier dough (like focaccia), let the dough rise for 15-20 minutes more in the pan before topping and baking.

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## **II. Tomato Sauce**

Here's a quick, traditional tomato sauce recipe. It will be enough for two large pizzas. Double the quantity and you have enough for pasta the next night.

### **Ingredients**

3 tablespoons extra virgin olive oil  
1 small onion, cut in small dice  
1 small clove garlic, minced  
*optional:* pinch red pepper flakes  
1, 20-24 ounce can pureed tomatoes  
salt  
pepper  
one handful of fresh basil, chopped  
one handful of fresh oregano, chopped (if you can't find fresh, don't substitute dried, just leave it out)

### **Procedure**

1. Heat olive oil in medium-sized pot.
2. Add onions and a pinch of salt, and sauté until golden, about five minutes.
3. Add garlic, red pepper and cook for just another thirty seconds—don't let garlic brown.
4. Add tomatoes, about ¼ cup of water, a generous pinch of salt, and ½ of the basil and oregano.
5. Bring to a boil, reduce to a simmer and cook for twenty minutes, stirring every few minutes.
6. Stir in remaining basil and oregano, adjust seasonings and turn off heat.

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## **Pizza alla Nonna**

*My grandma ("nonna" in Italian) used to make pizza this way and when I was a kid, it was hands-down the most fantastic thing I ever ate. This will yield two large pizzas.*

### **Ingredients**

3 big onions, sliced thin  
3 tablespoons extra virgin olive oil  
¼ cup water  
1 pizza dough (recipe above or get it from your pizzeria)  
1 recipe tomato sauce (recipe above)  
1 big or 2 small zucchini, sliced into thin rounds  
½ cup freshly grated *real* parmigiano cheese  
salt  
pepper

### **Procedure**

1. Preheat oven to 375 degrees.
2. Combine onions, olive oil, water and a generous pinch of salt in a pot. Cover tightly with lid and cook over medium-low heat for 20 minutes, until onions are very soft. Stir every once in a while, and if onions seem to be sticking to the pot, add more water. You don't want them to brown—they should be white and sweet when they're done. Add the tomato sauce to the onions and stir well. Shut off heat.
3. In the meantime, lightly oil two pans and roll out the pizza dough so it fits their shape. Put the dough in the pans and push it all the way to the edges. Using all of your fingers (as if you

were going to give the dough a massage), make many indentations on the top of the dough. Optional: For a thicker pizza crust, which I really like with this topping, allow the dough to sit for twenty minutes before putting on topping.

4. Cover the dough evenly with the sauce and onion mixture. Then top with zucchini rounds.
5. Sprinkle parmigiano and pepper evenly over pizza.
6. Bake for about 30-35 minutes or until the bottom of the pizza crust is evenly golden brown.

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### **Pizza with Potatoes and Rosemary**

*This white pizza makes a great accompaniment to any meal in place of plain ol' bread or it's yummy as a snack. Yields on pizza.*

#### ***Ingredients***

1 pizza dough (1/2 recipe above or 1 dough from pizzeria)  
1 medium potato, sliced into very fine rounds  
1 medium onion, sliced into very fine half-moons  
pines from 2 sprigs fresh rosemary  
¼ cup extra virgin olive oil  
5-6 tablespoons good parmigiano cheese  
salt  
pepper

#### ***Procedure***

1. Roll out the pizza dough so it's about ¼ inch thick and fits the shape of your pan. Put the dough in the pan and push it all the way to the edges.
2. Layer the dough with one even layer of potato slices.
3. Scatter the onions on top.
4. Drizzle with olive oil, sprinkle with parmigiano, salt and pepper.
5. Bake for 25-30 minutes in preheated 375 degree oven, until the bottom of the crust is golden brown.

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### **Pizza with Tempeh "Sausage"**

#### ***Ingredients***

*For tempeh:*

½ cup extra virgin olive oil  
2 cloves garlic, minced  
1 tablespoon balsamic vinegar or 2 tablespoons red wine  
1 8-ounce package tempeh, roughly chopped or a bit crumbled  
1 tablespoon ground dried sage  
2 teaspoons thyme  
1 ½ teaspoons ground dried fennel seed  
1 teaspoon dried oregano  
½ to 1 teaspoon red pepper flakes  
salt to taste (2 teaspoons or so)

*Plus:*

1 pizza dough (recipe above or get it from your pizzeria)

1 recipe tomato sauce (above)

½ pound fresh mozzarella cheese, either grated or cut into very small cubes

***Procedure***

1. In large sauté pan, gently soften garlic in olive oil over medium heat.
2. Add vinegar and remaining ingredients.
3. Stir until tempeh is lightly browned. Set aside to cool to room temperature.
4. Roll out the pizza dough so it's about ¼ inch thick and fits the shape of your pan (1 pizza dough will fit 1 large pan or 2 smaller ones, round or square). Put the dough in the pan and push it all the way to the edges.
5. Spread sauce and sprinkle cheese evenly on the dough. Then top it with the tempeh.
6. Bake for 30-35 minutes in a preheated 375 degree oven until the bottom of the pizza crust is golden brown.

*Adapted from recipe by Lisa Phillips.*