

Recipe

Ballerina Liz's Pizza

By

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Ingredients

Crust:

- 1 tsp yeast
- ½ tsp sugar
- ¼ cup warm water
- ½ cups whole wheat flour
- ½ cup bread flour
- ½ tsp salt
- 1 tbsp oil
- ½ tsp flaxseed meal, optional

Topping:

- ¼ cup Artichoke hearts, chopped

½ cup sliced plum tomatoes
¼ cup sliced olives
¼ tsp salt (for children, you can omit this)
2 tbsp chopped bell pepper
½ cup mozzarella cheese
Tomato Sauce*:
½ tbsp olive oil
¼ tsp salt or less
¼ tsp sugar
2/3 cup tomato puree
1 tsp chopped fresh basil leaves
Dash of Italian seasoning
Dash of hing

Preparation

Tomato sauce:

Heat oil in a saucepan. Sauté all ingredients for a few minutes and simmer for 10 minutes.

Crust/pizza dough:

Combine flour, yeast, sugar, flaxseed meal, and salt in a large bowl. Stir in water and oil until blended and dough comes away from side of bowl. Turn onto lightly floured surface and knead for 5 minutes. Shape dough into a ball. Place on a prepared baking sheet (sprinkle with flour or cornmeal). Cover with plastic wrap and let rest for 20 minutes. Roll dough ball into a rectangle** on the baking sheet.

Spread the tomato sauce, then add vegetables and sprinkle cheese on top. Bake in a 425F oven for 20 minutes.

*If you desire, you may use vegetables and cheese only (Sicilians make a lot of white pizza that does not have tomato sauce). Coming from a Sicilian tradition that loves to eat and cook, Liz, my dancer roommate at graduate school, had shared a lot of her family's recipes with me, including pizza....

**You may roll the dough into a circle. Rectangle is the common shape I have seen in Italy.

Serves

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