



## NO-YEAST PIZZA WITH SUMMER VEGETABLES

<b>Season:</b>	<b>Summer</b>
<b>From the garden:</b>	<b>Tomatoes, basil, capsicum, corn, courgette</b>
<b>Type:</b>	<b>Dinner</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>2 x 32cm pizzas</b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

### Equipment

- \*mixing bowl and spoon
- \*measuring cup and spoons
- \*rolling pin
- \*round pizza baking trays
  
- \*chopping board and knife
- \*large saucepan
- \*colander
- \*wooden spoon
  
- \*grater
- \*bowls

### Ingredients

#### For the dough:

- \*2 cups self raising flour
- \* $\frac{3}{4}$  cup water
- \*1 tbsp vegetable oil
- \*1 tsp salt

#### For the tomato sauce:

- \*400 g tomatoes
- \* $\frac{1}{2}$  onion
- \*2 tbsp tomato paste
- \*2 garlic cloves
- \*a few basil leaves and/or 1 tsp dried basil or oregano
- \*salt and pepper to taste
- \*1 tsp sugar
- \*oil for frying

#### Topping:

- \*2 corn cobs, steamed and kernels cut off
- \*2 capsicum, thinly sliced

**\*1 medium courgette, thinly sliced**

**\*1 ½ cups grated cheese**

**\*½ cup basil pesto**

**\*basil leaves**

## **Method**

**1.preheat oven to 250 degrees**

**2.for the dough, mix all the ingredients, then dip the dough on a clean surface and knead until smooth. If the dough seems too dry, add a bit more water. Set the dough aside to rest while you prepare the sauce and toppings**

**3.for the sauce, peel and chop the onion and garlic**

**4.chop the tomatoes into small pieces and chop the basil leaves**

**5.heat a little oil in the saucepan and cook the onion and garlic until translucent**

**6.add the tomatoes, basil, tomato paste and seasoning**

**7.put a lid on the pan and let the sauce cook for around 15 minutes, then remove the lid and let the sauce reduce**

**8.while the sauce is simmering, cut the kernels off the cooked corn cobs, slice the capsicum and courgette finely and grate the cheese**

**9.divide the dough into two portions and roll it out thinly on a floured surface. Transfer the dough onto the lightly oiled baking trays**

**10. spread the tomato sauce on the rolled out dough and dollop some basil pest around**

**11.arrange the corn, capsicum and courgette on the pizza and sprinkle over the cheese**

**12.bake the pizzas in a hot oven for around 10-15 minutes**

**13.scatter some fresh basil on top, slice and serve**

**Notes: A ‘quick’ pizza, as the dough does not need to proof**

**Skills: *measuring, chopping, grating, slicing, rolling***