



NO-YEAST PIZZA WITH SUMMER VEGETABLES AND BASIL PESTO

Season:	Summer
From the garden:	Tomatoes, basil, capsicum, corn
Type:	Dinner
Difficulty:	Moderate
Country of origin:	Italy
Serves:	3 x 32cm pizzas
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *mixing bowl and spoon
- *measuring cup and spoons
- *rolling pin
- *round pizza baking trays

- *chopping board and knife
- *large frying pan
- *colander
- *wooden spoon

- *grater

Ingredients

For the dough:

- *3 cups self raising flour
- *around 1 ¼ cup water
- *2 tbsp vegetable oil
- *1 tsp salt

For the tomato sauce:

- *600 g tomatoes
- *1 small onion
- *3 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

***bowls**

***2 capsicum, thinly sliced**

***3 cups grated cheese**

BASIL PESTO:

***food processor**

***handful of basil leaves**

***3 tbsp vegetable oil**

***2 tbsp toasted sunflower seeds**

***1 small garlic clove**

***pinch of salt**

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

5.heat a little oil in the frying pan 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 finely and grate the cheese

9.for the pesto, pick the basil leaves of the stems and add the leaves and the rest of the ingredients into a food processor bowl and process until smooth

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

11. spread the tomato sauce on the rolled out dough and dollop some basil pesto around

12.arrange the corn and capsicum on the pizza and sprinkle over the cheese

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

Notes: A 'quick' pizza, as the dough does not need to proof

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

