

Homemade Pizza

Makes 2 Medium Pizzas (Serves 2-4) Total Time: 60-70 minutes

Pizza Dough*:

- 1 1/2 Tbs. dry active yeast (~2 packets)
- 1 tsp. honey
- 1 cup warm water (110 degrees)
- 2 Tbs. olive oil, plus more for drizzling
- 1 tsp. salt
- 2 1/2 c. unbleached white flour (or sub with 1 c. whole wheat flour + 1 1/2 c. white flour)
- (*Or use a premade flatbread like pita, lavash, tortillas, focaccia, or naan)

Sauce:

- 1 1/2 c. (~14 oz.) pureed/crushed San Marzano or any other canned crushed tomatoes
- 2-3 garlic cloves, minced
- 1 tsp. extra virgin olive oil
- 1/4 tsp. (~15 turns) fresh ground black pepper
- 2-3 large pinches salt, or to taste

Toppings:

12 oz. pre-shredded or fresh mozzarella (or other cheese of your choice, such as goat, parmesan, or vegan mozzarella)

Additions of your choice, such as:

- ❖ Tomato, garlic & basil
- ❖ Mushrooms, red onion & artichoke hearts
- ❖ Pineapple, ham, bell peppers & jalapeno

Nutrition Tip: Power up the nutrient content of your meal by topping with veggies, and/or serving a salad on the side!



Supplies:

- Measuring cups & spoons
- Large mixing bowl
- Medium mixing bowl
- Whisk
- Mixing spoon
- Chef's knife
- Cutting board
- Baking pan
- Saran wrap
- Parchment paper
- Basting/oil brush
- Dish towel
- Paper towels
- Thermometer (optional)

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Directions

1. Preheat your oven to 450 degrees F.
2. Whisk yeast, honey, and warm water in a large mixing bowl. Cover and let sit for 10 minutes, until frothy. While waiting, prepare your sauce.
3. **To make pizza sauce:** stir to combine canned crushed tomatoes, minced garlic, olive oil, pepper and salt. Set aside.
4. After the yeast mixture has sat 10 minutes, mix in the oil, salt, and flour using a stand mixer or kneading by hand until combined (3-5 mins). Add a little more flour if the dough is too sticky.
5. Shape dough into a ball and top with olive oil. Put it in the bowl, covered with a towel, and allow it to rise in a warm, dry location for at least 5 minutes, up to 2 hours (longer for more flavor). While waiting, prepare your pan and toppings.
6. Prepare your baking pan by lining it with parchment paper and spraying/brushing with a thin layer of olive oil.
7. **Prepare your toppings:** Wash and chop veggies into bite-sized pieces or long slices, chiffonading basil (stack, roll and cut to form ribbons), and set aside. Slice cheese if not pre-shredded. If using fresh mozzarella packed in water, pat it dry with a paper towel to remove excess moisture.
8. After the dough has risen, cut it into two equal pieces (or you can make 1 large pie but it's harder to manage). Shape each piece of dough into a pie by hand-stretching or using a rolling pin. Add flour if your dough is too sticky. Place pies on your oiled, parchment paper-lined baking pan, next to each other. Leave a little space between the 2 pies as they will expand during baking. Alternatively, you can save one of the pieces of dough in the freezer for later.
9. Brush the pies with a thin layer of olive oil, and bake until it starts to harden, approximately 5-6 minutes.
10. Remove from the oven, add the sauce and toppings and continue to bake until the cheese is melted and the crust is golden, about 6-7 minutes. Serve immediately, or it's also great re-heated!

Recipe adapted from homegrownandhealthy.com

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