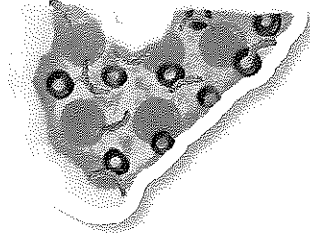


THE HEALTHY PIZZA



1 cup 240 ml
225 gr

WITH HOME MADE DOUGH

1 cup 250g

1 cup 450g

2 cup 250g

INGREDIENTS:

OUNCES

PIZZA DOUGH:

8 OZS PLAIN FLOUR, 230g
8 OZS WHOLEMEAL FLOUR (+ PINCH OF HERBS)
1 SACHET OF YEAST, 10 FLUID OZS LUKEWARM WATER

MAKE DOUGH FOR PIZZA BY ADDING YEAST & HERBS TO DOUGH, THEN ADD WATER GRADUALLY - KNEAD FOR 10 MINUTES.

LEAVE IN A WARM PLACE FOR THE DOUGH TO RISE.

WHEN READY, ADD THE TOPPING OF YOUR CHOICE

FOR EXAMPLE

GRATED CHEESE

TOMATO PUREE

MUSHROOMS

PEPPERS

PINEAPPLE

OLIVES

COOK IN THE OVEN GAS NO.4 -5 OR ELECTRIC 350F / 180C FOR APPROX. 20 - 25 MINUTES OR UNTIL COOKED.

COOL SLIGHTLY, THEN CUT INTO SQUARES OR TRIANGLES READY TO SERVE.

- **INSTEAD OF TOMATO PUREE, MAKE YOUR OWN TOMATO SAUCE BY PEELING AN ONION, ADD 4 CLOVES OF PEELED GARLIC & A TIN OF CHOPPED TOMATOES.**

HOW TO MAKE YOUR OWN SAUCE

- **PEEL THEN CHOP THE ONION AND GARLIC AND FRY UNTIL SOFT IN A LITTLE OIL FOR 5 MINUTES- ADD THE TIN OF TOMATOES, AND COOK ON MEDIUM HEAT FOR 15 MINUTES UNTIL SAUCE IS THICK - COOL SLIGHTLY THEN SPREAD ONTO PIZZA DOUGH BEFORE ADDING YOUR FAVOURITE TOPPINGS! - POP INTO THE OVEN FOR 20 -25 MINUTES**
- **NICE TO SERVE WITH A GREEN SALAD**

Focaccia Bread



⌚ Prep: 30 minutes

⌚ Cook: 15 minutes

🍴 Makes: 2

Recipe info

Ingredients

- 1 quantity of quick dough, (page 121)
- Oil for greasing
- 2 tsp plain flour for flouring
- 1 tbsp olive oil
- 3 sprigs fresh rosemary
- 1 level tsp sea salt

Equipment

- Baking tray
- Pastry brush
- Rolling pin
- Cling film
- Measuring spoons
- Oven gloves
- Cooling rack

Description

This is made from the basic recipe for quick dough. Originally made without yeast, this Italian flatbread used to be made with a 'starter' - a loose batter of yeast, flour and water left to ferment for at least 12 hours before being mixed with more flour, salt and a little water.

Method / What to do

1. Heat the oven to 230°C / gas mark 8.
2. Prepare the quick dough and knead it thoroughly.
3. Grease and flour the baking tray.
4. Roll out the dough into a 23cm round. Place it on the baking tray.
5. Cover it with clingfilm and leave to rise for approximately 15 minutes.
6. Make indents with your fingertips all over the dough.
7. Drizzle olive oil over the dough, divide the rosemary and put rosemary leaves in each 'hole'.
8. Sprinkle with sea salt.
9. Bake for approximately 15 minutes until golden brown.
10. Remove from the oven, cut into slices and serve.

Teaching points

- ⊙ Knead the dough thoroughly to strengthen the gluten enough to hold the carbon dioxide bubbles.
- ⊙ The dough can be made in advance and left in an oiled bowl, covered with oiled cling film. Leave it at room temperature for 20 - 30 minutes, then shape or leave in the fridge for 1 - 2 hours to slow down the rising.



Spicy Oven Chips



⌚ Prep: 10 minutes

⌚ Cook: 25 minutes

🍴 Serves: 2-4

Recipe Info

Ingredients

2 large potatoes, about 300g each
3 tbsp olive or sunflower oil
1 tsp ground paprika
½ tsp ground cumin
Salt

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
Large plastic sandwich bag
Baking tray
Oven gloves
Serving plate

Description

Make your own Southern-style oven potato wedges - they are a healthier option than normal chips and are very tasty. Great for light meals and BBQs.

Method / What to do

1. Pre-heat the oven to 220°C / gas mark 7.
2. Wash and cut each potato (unpeeled) into 8 or 12 wedges.
3. Mix together the oil and spices in the bag and drop in the potato wedges. Rub well to coat.
4. Put the potato wedges in a single layer on a baking tray, sprinkle with a pinch of salt and bake for about 25 minutes until they are crispy and golden brown.
5. Serve on a plate with a dip or sauce.

