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4-H ONTARIO PROJECT



Pizza

RECIPE BOOK



The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living,
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

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BAKING BASICS

Cooking is fun! It's exciting working with food, trying a recipe and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.

Before you begin

- Check with an adult in your home to see if it is a good time to be making a recipe.
- Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash your hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.

Read the Recipe

- Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required and the procedures.
- Get out all the ingredients and equipment listed in the recipe. Place on a tray. Then when the tray is empty, you'll know you haven't left anything out of the recipe.
- Some cooks find it helpful to check off the steps in the recipe as they complete each step.

Even Great Cooks Need Help

- Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors, microwaves or the stove and oven).
- Some recipes have directions for using the microwave.

The Best Cooks are Clean Cooks

- Clean up as you go along. Keep a damp cloth handy to wipe up spills as they happen.
- Put away ingredients such as butter and milk as you finish with them.
- Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- Finish washing and drying equipment. Put it away. Wash counters. Wipe off stove top and wipe inside of microwave if you've used it.
- Leave the kitchen clean and tidy.

Kitchen Safety

A few basic points to remember when working in the kitchen to make it a fun and safe time:

Accident Prevention

- Make sure that you have permission to cook and use the appliances in the kitchen.
- Tie back long hair and roll up long sleeves as these could catch on fire when you lean over.
- Wash and dry your hands before starting. Wet hands are slippery.
- When using the stove, remove any clutter: paper towels, boxes, towels, pot holders which could catch on fire.
- If you are too short to reach the counter top use a stool so that you are not reaching. Reaching may cause a fall or spill.
- Keep cupboard doors and drawers closed so that you will not hit your head.

Prevent Fire by Avoiding Hazards – DO's and DON'T's

DO...

- Clean up any spilled grease as it burns very quickly. If a fire should start, cover it with a lid or bigger pan to smother the fire.
- Have baking soda, a lid and an ABC fire extinguisher close at hand if you should need them.
- Avoid reaching over the stove for items. Keep things you need right beside you.
- Turn all pot handles inwards so that they will be out of the reach of younger children, and you will not knock them off the stove with your arm.
- Keep all appliances with cords on the counter top (do not let the cord hang down where a child could pull the appliance over). Replace any frayed or broken cords.
- Protect yourself against steam when opening a cooking item, especially when using the microwave. Open the lid or covering away from your face. Steam can cause serious burns.
- Use oven mitts when handling hot bowls, dishes and pans. Dish towels are too bulky for this job.
- Always make sure there is a smoke alarm on every floor of the house.

DON'T...

- Carry a burning pan outside as that could spread the fire more.
- Pour water or flour on the fire as that will only spread the fire more.
- Leave a cooking area unattended to answer the phone or to work on the computer. It does not take long for things to burn and time passes quickly when you are doing something else.
- Leave the stove on and unattended.

To Treat Injuries

- If a minor burn should occur, immediately place the area under cold running water and keep it there for several minutes. This will prevent further burning and will help to reduce pain and blistering. Make sure parents are notified immediately.
- If the burn is any more serious, contact the family physician or go to the hospital.

Food Safety - It's in YOUR Hands.

There are 4 steps that you can do to reduce the risk of food poisoning:

Step	Action	Method
1	CLEAN	<ul style="list-style-type: none"> • Wash your hands (for at least 30 seconds, make sure under the nails are clean), utensils and surfaces with hot, soapy water before, during and after preparing foods • Sanitize countertops, cutting boards and utensils with a mild bleach and water solution so cross contamination from other foods is prevented.
2	SEPARATE	<ul style="list-style-type: none"> • Keep raw meats and poultry away from other foods during storage and preparation • Separate cutting boards for raw meats and vegetables. Always keep foods covered. • Store foods according to directions on the package. • Check the "best before" date. • Thaw food correctly. • If a food does not look right, smell right or feels different, throw it away.
3	COOK	<ul style="list-style-type: none"> • Cook food thoroughly. Cooking times and temperatures vary for different foods. Cooked food should be held and served at 60oC. • Prepare food quickly and do not let foods stay at room temperatures for long periods. • A food thermometer is very important to ensure that food is stored, cooked and served safely.
4	CHILL	<ul style="list-style-type: none"> • Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours. • Internal refrigerator temperature should be between 0o and 4oC (40oF). Frozen foods should be kept at -18oC (0oF). • Chill foods quickly by putting the food in smaller, shallow containers. • Once food has thawed it must be cooked. After thoroughly cooking it can be frozen again.

Temperature Conversion Values

60°C = 140°F

150°C = 300°F

230°C = 450°F

70°C = 150°F

160°C = 325°F

240°C = 475°F

80°C = 140°F

180°C = 350°F

260°C = 500°F

100°C = 170°F

190°C = 375°F

270°C = 525°F

120°C = 200°F

200°C = 400°F

290°C = 550°F

140°C = 275°F

220°C = 425°F

Measurement Conversion Values

50mL = $\frac{1}{4}$ cup

1ml = $\frac{1}{4}$ teaspoon (tsp.)

75mL = $\frac{1}{3}$ cup

2mL = $\frac{1}{2}$ teaspoon (tsp.)

125mL = $\frac{1}{2}$ cup

5mL = 1 teaspoon (tsp.)

150mL = $\frac{2}{3}$ cup

15mL = 1 tablespoon (tbsp.)

175mL = $\frac{3}{4}$ cup

250mL = 1 cup

Tips for Great Pizza

Great homemade pizza is not difficult to make. It can be as simple or as complex as you want to make it. But, the easiest approach is to work with fresh and simple ingredients. However you make it, three basic factors apply for good pizza:

1. Yeast dough – the first major secret of great homemade pizza
2. Correct construction – crust, sauce, cheese and toppings
3. High temperature – most pizzas bake at 190°C (375°F) or higher.

Equipment Tips:

1. Pizza stone – the second major secret of great homemade pizza, the pizza stone provides a uniformly heated surface which absorbs moisture from the pizza and makes a crisp crust. Many types of pizza pans will also work well, but the pizza stone gives pizza its unique taste.
2. Oven thermometer – check your oven temperature.
3. Pizza screen – second choice and an alternative to using a pizza stone, the pizza screen does not trap moisture in pizza crust. Use on the middle oven rack.
4. Wooden pizza peel – essential for placing pizza directly on the pizza stone. Use coarse cornmeal or flour spread on the peel under the dough to aid in sliding the pizza off onto the stone.
5. Pizza cutter wheel – the larger the better!
6. Pizza pans – all sizes are available at local restaurant supply stores.
7. Pizza oven – your oven at home will do a wonderful job of cooking pizza!

Crust Tips:

1. Use all-purpose flour for deep-dish pizza and calzones. Use a variety of flours for other types of pizza.
2. Moist dough makes a tender crust.
3. Store individual raw dough portions dusted with flour in re-sealable bags in the refrigerator up to one week.
4. Store individual raw dough portions, dusted with flour in re-sealable bags in the freezer up to a month. Defrost in the refrigerator.
5. For a thicker crust, let the dough crust rise covered for 30 minutes before adding sauce, cheese and toppings.
6. Bake on a pizza stone or pizza screen for a crisper crust.
7. No time to make pizza crust? Use prepared crust or purchase dough already made from the grocery store.

Sauce Tips:

1. Use canned crushed tomatoes for an authentic sauce.
2. Add fresh oregano, garlic, crushed peppercorn to sauce for added flavor.
3. Intensity of the tomato sauce may be adjusted by the amount of garlic and crushed peppercorn used.
4. The “bite” of the pizza sauce may be increased by adding Balsamic vinegar.
5. Create oil sauces using extra virgin olive oil, herbs/spices and fresh garlic.

Cheese Tips:

1. Try different cheeses – Monterey jack, provolone, goat cheese, feta, fontina, gorgonzola.
2. Use whole milk mozzarella. Its smoother melting and richer tasting.
3. Use cheese mixtures – for example, two parts mozzarella, two parts Monterey jack and one part provolone.

Toppings Tips:

1. Meat toppings must always be precooked. Never try to use raw hamburger, sausage, chicken, etc. as a topping and expect it to cook with the pizza.
2. Try different herbs.
3. Thoroughly drain any topping that would add moisture to prevent sogginess.
4. Grow your own basil (use fresh off the plant or dried) and oregano (use dried). 15mL (1 tablespoon) of fresh chopped herbs = 5mL (1 teaspoon) dry herbs
5. Rub dried herbs between fingers to release flavour oils.
6. Use extra virgin olive oil. It's more expensive than virgin but there is a difference.

Technique Tips:

1. Cool baked pizza on a wire rack for 2 to 3 minutes before cutting to allow cooked cheese to set up and to preserve crisp crust. If not, steam from the baked pizza would be trapped between the hot pizza and the pan.
2. If assembling pizza ahead of time, seal pre-baked crust (5 minutes at 260°C (500°F) after cooling by lightly brushing with oil to avoid moisture absorption in the crust.
3. For making homemade pizza that you are going to freeze before baking, seal pre-baked crust (5 minutes at 260°C (500°F) after cooling by lightly brushing with shortening. Add sauce, cheese and toppings and freeze in a re-sealable bag. To bake, place frozen pizza on a pizza screen on the middle rack in a cold oven and set the oven at 200°C (400°F). Check the pizza at 22 to 24 minutes and remove when the crust is golden brown and cheese is bubbly. Cool on a wire rack for two to three minutes before cutting into wedges and serving.

BASIC PIZZA CRUST

Yield: 1 crust

Time: 30 minutes plus rising time

Ingredients:

- 15mL (1 tbsp.) sugar
- 5mL (1 tsp.) active dry yeast
- 175mL (3/4 cup) warm water (43°C to 46°C (110°F to 115°F))
- 3mL (3/4 tsp.) salt
- 15mL (1 tbsp.) olive oil
- 500mL (2 cups) bread flour
- extra flour
- extra olive oil

Equipment:

Large-size bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, cutting board, pizza pan, re-sealable bags (only if refrigerating or freezing dough)

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Pour the warm water in a large mixing bowl. Add the sugar and teaspoon of yeast. Stir the mixture until dissolved. Let the mixture sit to allow the yeast to become “active” (for about 10 minutes). The mixture will appear to be foamy and clouded and it will begin to release a familiar “yeasty” aroma.
4. Add the salt and olive oil and stir again to combine the ingredients.
5. Add 125mL (1/2 cup) of the flour to the mixture and whisk it until its dissolved.
6. Add another 125mL (1/2 cup) of the flour and whisk it in until the mixture is smooth.
7. Add another 125mL (1/2 cup) of flour and combine evenly. The dough mixture should now be fairly thick.
8. Add the last 125mL (1/2 cup) of flour and, with your hands, begin to combine and knead the dough.

You may need to add a dusting of flour from time to time to reduce the stickiness of the

dough. Be patient, folding the dough mixture in on itself, over and over again.

9. When the flour has absorbed all of the moisture and congealed into a firm mass, remove it from the bowl to a floured tabletop to knead it. Keep folding the mass in half, then in quarters, for perhaps 8 to 10 minutes or so. The dough ball will eventually lose its stickiness and become pliable and elastic. Kneading is complete when the dough transforms into a silky, smoothly-textured ball slightly larger than a large grapefruit.
10. Coat the dough ball with a thin layer of olive oil and place it in the bottom of a large mixing bowl which has also been coated on the inside with olive oil. Stretch a piece of kitchen plastic wrap over the top of the bowl and set it in a warm place such as an un-lit oven (ambient temperature of 70°F to 80°F). Allow the dough to rise, undisturbed, for 60 to 75 minutes. The dough will have grown to at least twice its original size.

At this time, you may want to skip ahead and make the pizza sauce.

11. Take the raised dough mass out of the bowl. Take the raw dough and pat it down flat on a cutting board to press out and release the air that has developed inside. Hand-mold it into a ball, smoothing the outer surface and tucking each portion into itself from underneath. This action can be likened to stuffing or folding a sock into itself.

Some dough makers “proof” (or re-raise) the dough ball at this point. They can be set apart in bowls or plastic trays and covered at room temperature to “rest” for an additional 15 or 20 minutes, if you wish. Some recipes call for up to an additional hour for “proofing.”

12. Working with the dough at room temperature, roll out the dough ball into a 1cm (3/8 inch) thick circle, about 35cm (14 inch) in diameter. “Pan” the dough into a pizza pan. Then, let the panned dough “proof” for 5 to 10 minutes in the pan before adding your sauce, cheese and toppings. This step will give the dough a chance to “blossom,” resulting in a thicker, fuller and chewier crust edge.

If you wish to store the dough for later use, by either freezing or refrigeration, you can place the dough balls in re-sealable bags. Squirt a little olive oil into each of the bags to keep the balls moist and pliable and to make it easier to remove when ready for use. If you choose to freeze or refrigerate, the dough ball balls may continue to rise until they are substantially cooled down or frozen which is okay as long as they don't break out of their bags. If they do, mold them back down into balls and re-bag them.

When you are ready to use the stored dough, allow the dough to warm (thaw) to room temperature before attempting to roll out and pan.

The refrigerated dough balls (held at 2°C to 6°C (36°F to 42°F)), should remain usable for 24 to 48 hours but will begin to deteriorate or “ferment” after that.

Frozen dough balls (held at -23°C to -18°C (-10°F to 0°F)) should remain usable considerably longer as long as they are well-wrapped (to prevent freezer burn) and are air-tight.

PIZZA DOUGH WITHOUT YEAST

Yield: 1 crust

Time: 15 minutes plus 15-25 minutes cooking time

Ingredients:

- 625mL (2 ½ cups) flour
- 15mL (3 tsp.) baking powder
- 5mL (1 tsp.) salt
- 15mL (1 tbsp.) vegetable oil
- 175-250mL (¾ to 1 cup) water

Equipment:

Large-size bowl, dry measuring cups, liquid measuring cup, small measuring spoons, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix all ingredients together in a large bowl to form the dough.
4. Press dough onto greased pizza pan.
5. Add sauce and toppings.
6. Bake pizza at 180°C (350°F) for 15 to 25 minutes.

CORNMEAL PIZZA DOUGH

Recipe #1

Yield: 2 - 37.5cm (15 inch) crusts

Time: 20 minutes plus rising time

Ingredients:

- | | |
|------------------|-------------------------------|
| • 750mL (3 cups) | bread flour |
| • 125mL (½ cup) | yellow cornmeal (fine ground) |
| • 5mL (1 tsp.) | dry yeast |
| • 15mL (1 tbsp.) | white sugar |
| • 2mL (½ tsp.) | kosher salt |
| • 30mL (2 tbsp.) | olive oil |
| • 250mL (1 cup) | water |

Equipment:

Large-size bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Start the yeast by using 50mL (¼ cup) warm water (43°C to 46°C (110°F to 115°F)) and half of the sugar and the yeast. Mix well and set aside for ten minutes.
4. In a mixing bowl, add the flour, cornmeal, salt, olive oil and the remaining sugar. Mix well.
5. When the yeast has become active (foamy) add it to the bowl and mix. Add the remaining water and mix well.
6. On a flat lightly flour surface, knead the dough until smooth and elastic (approximately five minutes).
7. Place in a lightly oiled bowl and cover with plastic wrap to rise until it has doubled in size (approximately one hour). Punch the dough down and allow to rise a second time. Long, slow rises are best.
8. After the second rise, punch the dough down and place on a lightly floured surface. Roll the dough out to make a 37.5cm (15 inch) circle of pizza dough.

CORNMEAL PIZZA DOUGH

Recipe #2

Yield: 1 crust Time: 20 minutes plus rising time

Ingredients:

- | | |
|-------------------|--|
| • 11mL (2 ¼ tsp.) | active dry yeast (1 pkg.) |
| • 2mL (½ tsp.) | white sugar |
| • 150mL (2/3 cup) | warm water 43°C to 46°C (110°F to 115°F) |
| • 500mL (2 cups) | bread flour or unbleached, all-purpose flour |
| • 50mL (¼ cup) | stone-ground cornmeal |
| • 7mL (1 ½ tsp.) | coarse salt (kosher or sea salt) |
| • 30mL (2 tbsp.) | extra-virgin Greek olive oil |
| • 15mL (2 tbsp.) | oregano, finely chopped |

Equipment:

Mixing bowl, large greased bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine yeast, white sugar and warm water. Stir and let sit for ten minutes.
4. In a large bowl, mix all remaining ingredients. Add in yeast mixture. Combine and knead all ingredients for eight minutes.
5. Place dough in a greased bowl and cover with plastic wrap. Let rise for one hour.
6. Re-knead and roll out to pan size.

THIN CRUST PIZZA DOUGH

Yield: 1 pizza crust

Time: 20 minutes plus rising time

Ingredients:

- 5mL (1 tsp.) dried yeast
- 15mL (1 tbsp.) soy oil
- 5mL (1 tsp.) sugar
- 125mL (½ cup) warm water 43°C (110°F)
- 375mL (1 ½ cup) bread flour
- 15mL (1 tbsp.) soy flour
- 5mL (1 tsp.) salt

Equipment:

Large-size bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine yeast, sugar and warm water in a bowl and let it sit for five minutes.
4. Combine flour and salt in a bowl.
5. Add the yeast mixture to the dry ingredients. Mix. Add a little extra flour if the dough is sticky.
6. Knead for at least ten minutes.
7. Put into a greased bowl and let the dough rise for 60 minutes (or until it has doubled in size).
8. Turn the dough out onto a floured surface. Knead lightly until smooth.
9. Roll out into a 0.6cm (¼ inch) thick, 30cm (12 inch) diameter circle. Fit onto a greased pizza pan.

PAN PIZZA DOUGH

This recipe is just as good, if not better, than the pan pizza found at some major chains.

Yield: 1 pizza crust

Time: 20 minutes plus rising time

Ingredients:

- 1125mL (4 ½ cups) bread flour
- 375mL (1 ½ cups) water
- 10mL (2 tsp.) active dry yeast
- 45mL (3 tbsp.) milk
- 5mL (1 tsp.) salt
- 15mL (1 tbsp.) sugar
- 30mL (2 tbsp.) vegetable oil
- 125mL (½ cup/4 oz.) vegetable oil

Equipment:

Large-size bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a stand mixer, fitted with a dough hook, add the water, yeast and milk. If a mixer is not available, mix water, yeast and milk in a large bowl using a wooden spoon.
4. Mix thoroughly until yeast has fully dissolved.
5. Mix the remaining dry together in a separate container and add them to the mixer.
6. Mix on low speed (or by hand using a wooden spoon) until most of the flour and water have mixed, then continue kneading for ten minutes. The dough will be loose and scrappy at first and will quickly form a moist, smooth cohesive ball. While the dough is still scrappy, add the vegetable oil 15mL (1 tbsp.) at a time.
7. After the dough has been kneaded for ten minutes, remove it from the mixing bowl and using a rolling pin, roll it out to approximately 1.8cm (¾ inch) thick and about 30cm (12 inch) in diameter. If you have more dough than you need, save

the remainder for another time.

8. Add 125mL (½ cup) of vegetable oil to a 35cm (14 inch) pan style pizza pan, making sure that the oil completely covers the bottom.
9. Place the dough onto the pizza pan and cover tightly with plastic wrap.
10. Let the dough rise until it has filled the entire pan and is about 3.75cm (1 ½ inch) thick.
11. Place the pan, still covered, into the refrigerator for at least 4 hours (up to 24 hours).
12. When you are ready to make your pizza, preheat the oven to 260°C (500°F).
13. Remove the dough from the refrigerator and remove the plastic wrap.
14. Add sauce, cheese and toppings.
15. Bake on a pizza stone for 14 minutes.

QUICK, NO-COOK PIZZA SAUCE

This tart, slightly sweet pizza sauce is quick and easy to prepare and requires no cooking time. It is lightly herbed with oregano and basil yet the basic tomato taste is allowed to shine through. You will like the colours this sauce adds to your own, home-made pizza.

Yield: 1L (4 cups)

Time: 10 minutes plus refrigeration time

Ingredients:

- 856mL (29oz.) can tomato sauce (medium consistency)
- 150mL (2/3 cup) water
- 15mL (1 tbsp.) garlic powder
- 15mL (1 tbsp.) whole oregano, fresh chopped or dry flakes
- 15mL (1 tbsp.) sweet basil, fresh chopped or dried flakes
- 30mL (2 tbsp.) sugar
- 7mL (1 ½ tsp.) salt
- 2mL (½ tsp.) black pepper, ground

Equipment:

Large mixing bowl, can opener, liquid measuring cup, small measuring spoons, covered container, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine all of the ingredients in a large mixing bowl and whip to a smooth, medium thick consistency.
4. Store in a tightly covered container in the refrigerator for one hour. The longer this sauce matures in the refrigerator, the better. Set it out and return it to room temperature before using.

This recipe makes enough sauce for four to five large 30cm (12 inch) diameter pizzas. Depending on the style and size of pizza you make, experiment with using between 150mL (2/3 cup) and 250mL (1 cup) of sauce per pizza.

CLASSIC TOMATO PIZZA SAUCE

Yield: 2L (2 quarts/8 cups)

Time: 2 hours 20 minutes plus refrigeration time

Ingredients:

- 45mL (3 tbsp.) butter
- 496mL (16 oz./2 cups) tomato puree
- 45mL (3 tbsp.) olive oil
- 5mL (1 tsp.) salt
- 3 cloves of garlic, minced
- 1mL (¼ tsp.) black pepper
- 3 large yellow onions, minced
- 5mL (1 tsp.) whole oregano
- 2L (2 quarts/8 cups) canned whole Italian tomatoes
- 5mL (1 tsp.) basil

Equipment:

Dutch oven or large skillet, can opener, liquid measuring cup, small measuring spoons, potato masher, mixing spoon, sieve, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a Dutch oven or large skillet, melt the butter with the olive oil and slowly but completely saute the garlic and onion.
4. Add the tomatoes, salt, pepper, oregano, basil and puree.
5. Bring to a boil, then simmer covered for two hours. Stir occasionally, crushing the tomatoes with a potato masher.
6. Continue to mash, stir and simmer partially covered until the sauce reaches the consistency of a rich soup.
7. If you find you have too many or too large tomato seeds left in the sauce, you may run the sauce through a sieve (strainer).
8. Set the sauce aside to cool or refrigerate before applying it to your pizza dough.

BASIC PIZZA RECIPES

Yield: 1 pizza

Time: 20 minutes plus baking time

Ingredients:

- 750mL (3 cups) shredded cheese
- your choice of pizza toppings

Equipment:

Pizza pan, cheese shredder, dry measuring cups, knives

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. On a prepared pizza crust, spread out your pizza sauce.
4. Layer about 500mL (2 cups) of shredded cheese over the sauce, creating an evenly distributed bed of cheese on which to arrange your toppings.
5. Bake according to the following chart:
 - Thin Crust, Plain Cheese, Middle Rack, 230°F (450°F), 10 minutes
 - Classic, Cheese/Pepperoni, Middle Rack, 230°F (450°F), 12 minutes
 - Classic, Deluxe (7 item), Middle Rack, 190°F (375°F), 20 minutes
 - Deep-Dish, Meat Lovers, Bottom Rack, 180°F (350°F), 30 minutes

Plain Cheese Pizza:

Simply add the remaining 250mL (1 cup) of shredded cheese (or more if you like) and you're ready to bake. Try combinations of mozzarella, provolone, cheddar or other varieties to suit your taste.

Pepperoni Pizza:

Cover the bed of cheese, wall to wall, with a layer of thinly sliced pepperoni sausage. Sprinkle the remaining shredded cheese over the pepperoni, while allowing some of the pepperoni to show through.

Veggie Pizza:

Evenly distribute 50mL (¼ cup) each of diced onion, green peppers and mushrooms, one topping at a time, over the bed of cheese. Add the remaining 250mL (1 cup) of shredded cheese over the toppings. Garnish with 50mL (¼ cup) of chopped black olives and bake. Substitute any of these vegetables with your own favourites.

CHICKEN ALFREDO PIZZA



Yield: 1 pizza

Time: 25 minutes plus baking time

Ingredients:

- 1 pizza dough (either store bought or using the Basic Pizza Crust Recipe)
- 375mL (1 ½ cups) cooked or grilled, shredded chicken
- 30mL (2 tbsp.) butter
- 1mL (¼ tsp.) garlic powder
- 0.5mL (1/8 tsp.) onion powder
- 15mL (1 tbsp.) flour, plus more for dusting
- 155mL (½ cup + 2 tbsp.) heavy cream
- 155mL (½ cup + 2 tbsp.) whole milk
- 125mL (½ cup) Parmesan cheese, finely shredded
- salt and freshly ground black or white pepper, to taste
- cornmeal, for dusting
- 250mL (1 cup) mozzarella cheese, shredded
- 6 slices of bacon, cooked and chopped
- 15mL (1 tbsp.) extra virgin olive oil
- 22mL (1 ½ tbsp.) green onions, chopped

Equipment:

Pizza stone, saucepan, spatula, whisk, cheese grater, dry measuring cups, small measuring spoons, liquid measures, wooden pizza peel

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 220°F (425°F).
4. Place a pizza stone in the centre of the oven to heat while preparing toppings for pizza (for at least 30 minutes).
5. Melt the butter along with the garlic powder and onion powder in a medium saucepan over medium heat.
6. Whisk in flour and cook for one minute, stirring constantly. While whisking vigorously, slowly pour in cream and milk.
7. Bring mixture just to a gentle bubble, stirring constantly. Allow mixture to gently boil for 20 second, stirring constantly.
8. Remove from heat. Add in Parmesan cheese.
9. Season with salt and pepper to taste. Return to warm heat and stir occasionally until ready to use.
10. On a floured work surface, flatten, stretch and shape pizza dough into a 32.5 to 35cm (13 to 14 inch) round, while create a thicker outer crust.
11. Sprinkle a wooden pizza peel with flour and cornmeal and transfer the shaped pizza dough to the pizza peel, reshaping the dough as needed.
12. Remove the pizza stone from the oven and sprinkle it lightly cornmeal. Then, carefully slide the shaped pizza dough from the pizza peel onto the hot pizza stone.
13. Pour half of the Alfredo sauce over the dough round and then use the back of a spoon to spread the sauce into an even layer, coming within about 2.5cm (1 inch) of the edge.
14. Sprinkle shredded chicken over the sauce layer.



15. Pour the remaining sauce evenly over the chicken.
16. Sprinkle the top evenly with mozzarella cheese. Then sprinkle with chopped bacon.
17. Brush outer crust with olive oil and season crust lightly with a pinch of garlic powder and salt.
18. Bake in preheated oven 14 to 16 minutes until crust is nicely golden.
19. Remove from oven and garnish top with green onions.
20. Cut into slices and serve warm.



GARLIC RANCH CHICKEN PIZZA

Yield: 1 large pizza

Time: 25 minutes plus baking time

Ingredients:

Dough:

- 1 pizza dough (either store bought or using the Basic Pizza Crust Recipe)

Sauce:

- 15mL (2 tbsp.) sour cream
- 45mL (3 tbsp.) mayonnaise
- 37mL (2 ½ tbsp.) milk
- 2mL (1 tsp.) garlic salt
- 0.5mL (1/8 tsp.) dried chives, chopped
- 0.5mL (1/8 tsp.) dill
- 0.5mL (1/8 tsp.) dried parsley
- dash onion powder
- salt and pepper, to taste

Toppings:

- 500mL (2 cups) mozzarella cheese, shredded
- 125mL (½ cup) bacon, cooked and crumbled
- 250mL (1 cup) chicken, cooked and shredded
- 2 tomatoes

Equipment:

Small mixing bowl, spatula, whisk, cheese grater, dry measuring cups, small measuring spoon, large skillet, knife, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°F (450°F).

4. In a small mixing bowl, whisk all sauce ingredients together.
5. Spread mixture over the top of the pizza dough.
6. Sprinkle 250mL (1 cup) of the mozzarella cheese over the top, followed by the chicken, bacon and tomatoes.
7. Sprinkle the remaining cheese on top.
8. Bake for 9 to 12 minutes or until the crust is golden brown and the cheese is bubbly.

WHOLE WHEAT PIZZA DOUGH

Healthy, homemade pizza dough that has that gourmet pizza taste! There is nothing like a whole wheat pizza dough to add flavour, colour, texture and interest to any pizza recipe.

Yield: 2 crusts Time: 30 minutes plus rising time

Ingredients:

- | | |
|---------------------------------|--|
| • 375mL (1 ½ cups) | warm water (43°C to 46°C (110°F to 115°F)) |
| • 30mL (2 tbsp.) | sugar |
| • 11mL (1 envelope or 2 ¼ tsp.) | active dry yeast |
| • 7mL (1 ½ tsp.) | salt |
| • 30mL (2 tbsp.) | olive oil |
| • 750mL (3 cups) | bread flour |
| • 250mL (1 cup) | whole wheat flour |

Equipment:

Large-size bowl, small measuring spoons, dry measuring cups, liquid measuring cup, plastic wrap, cutting board, knife, pizza pan, re-sealable bags (only if refrigerating or freezing dough)

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Pour the warm water in a large mixing bowl. Add the sugar and yeast. Stir the mixture until dissolved. Let sit to allow the yeast to mature for about ten minutes.
4. Add the salt and olive oil and stir again to combine the ingredients.
5. Add the whole wheat flour and whisk it in until dissolved.
6. Add 250mL (1 cup) of white (bread) flour and whisk it in.
7. Add another 250mL (1 cup) of white flour and combine. By now the dough should be fairly thick.
8. Add the last of the white flour and, with your hands, begin to combine and knead the dough. Be patient, folding the dough ball in half and then quarters, over and over again for perhaps 5 to 8 minutes. You may wish to remove the dough ball to a tabletop to knead it. You'll know you've done well when the ball no longer sticks to your hands. It will become a smoothly-textured ball slightly larger than a large grapefruit.

9. Coat the dough ball with a thin layer of olive oil and place it in the bottom of a large mixing bowl which has also been coated on the inside with olive oil.
10. Stretch a large piece of plastic film over the top of the bowl and set it in a warm place such as an un-lit oven (ambient temperature of (37°C to 38°C (98°F to 100°F)). Allow the dough to rise, undisturbed for 60 to 75 minutes. The dough will have grown to at least twice its original size.
11. Take the dough out of the bowl and cut it in half with a knife. You now have two pizza dough balls, enough to make two 30cm (12 inch) pizzas. Take each raw dough portion and hand-mold them into balls. Smoothing the outer surface, tuck each ball into itself from underneath before storing or going on with the next step.
12. If you wish to store the dough for later use, by either freezing or refrigeration, you can place the dough balls in re-sealable bags. Squirt a little olive oil into each of the bags to keep the balls moist and pliable and to make it easier to remove when ready for use. If you choose to freeze or refrigerate, the dough balls may continue to rise until they are substantially cooled down or frozen which is okay as long as they don't break out of their bags. If they do, mold them back down into balls and re-bag them. When you are ready to use the stored dough, allow the dough to warm (thaw) to room temperature before attempting to roll out and pan.
13. If you choose to continue with making the pizza now, continue on. Working with the dough at room temperature, roll out the dough ball into a 1cm (3/8 inch) thick circle, about 35cm (14 inch) in diameter. "Pan" the dough into a pizza pan. Then, let the panned dough "proof" for 5 to 10 minutes in the pan before adding your sauce, cheese and toppings. This step will give the dough a chance to "blossom," resulting in a thicker, fuller and chewier crust edge.

NOTE:

There is a trick for creating whole wheat pizza dough and it's fairly easy.

If you are going to make a pizza dough that normally requires 1000mL (4 cups) of all purpose flour, use all the same ingredients in the recipe except try this flour formula:

250mL (1 cup) – whole wheat flour
750mL (3 cups) – all purpose flour

Depending on the brands of flour you use, you may find this formula is a little tough. If so, back off on the whole wheat flour measurement.

150mL (2/3 cup) – whole wheat flour
750mL (3 cups) – all purpose flour

You will find that this mixture is going to be more of a challenge to knead, due to the rougher texture of the whole wheat flour but the end result is well worth the effort. Add a little water if the mixture becomes too dry. Be sure to knead the dough completely until it is supple and elastic. At this point you will be ready to roll out (using a rolling pin) the sheet of dough to a thickness of 0.6cm to 0.9cm (1/4 to 3/8 inch). Then put the dough onto your baking pan.

ULTRA LOW CARB CRUSTLESS PIZZA

This 'crustless' pizza is sure to satisfy those pizza cravings!

Yield: 1 pizza

Time: 40 minutes

Ingredients:

- 225g (½ pound) lean hamburger
- 2mL (½ tsp.) salt
- 2mL (½ tsp.) pepper
- 15mL (1 tbsp.) chili powder (or other seasoning of choice)
- 75mL (1/3 cup) marinara sauce (or other low carb sauce)
- 175mL (3/4 cup) mozzarella cheese
- 60mL (¼ cup) green bell peppers, sliced
- 6 slices of pepperoni

Equipment:

30cm (12 inch) pizza pan, mixing bowl, cutting board, knife, cheese grater, small measuring spoons, dry measures, liquid measure, paper towels

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Set the oven to broil and arrange the top rack about 15cm (6 inches) from the top.
4. In a mixing bowl, combine hamburger, salt, pepper and chili powder.
5. Slice the green bell peppers and set aside.
6. Press the beef mixtures onto the pizza pan and spread it as far out to the edges as possible. It will shrink a lot in the oven so you will want to make sure the crust is very thin to start.
7. Place the prepared 'hamburger crust' under the broiler for about 7 to 9 minutes or until browned on the top. Check on it after about 4 to 5 minutes and drain the excess fluid (fat) using a handful of paper towels. Be careful as fluid will be very hot.
8. Spread the sauce evenly over the crust.

9. Arrange the pepper slices over the sauce.
10. Sprinkle the cheese evenly over the peppers.
11. Lay the pepperoni slices over the cheese.
12. Place the prepared pizza back under the broiler for 4 to 5 minutes or until cheese is melted.
13. Let the pizza cool slightly before eating.

ZERO CARB PIZZA

Yield: 1 pizzas

Time: 40 minutes

Ingredients:

Crust:

- 1750mL (7 cups) mozzarella cheese, shredded
- 7 eggs
- 5mL (1 tsp.) oregano
- 5mL (1 tsp.) basil

Toppings:

- variety of your favourite toppings

Equipment:

Large mixing bowl, small bowl, mixing spoon, spatula, cheese grater, dry measuring cups, small measuring spoons, cookie sheet

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°F (450°F).
4. In a large mixing bowl, combine and mix all crust ingredients. Be sure to crack eggs, one at a time, into a small bowl and check for shells. Then put the egg into the large bowl and crack the next egg.
5. Spread crust mixture on an ungreased cookie sheet.
6. Bake for 15 minutes.
7. Remove from oven and add toppings.
8. Bake 10 minutes more.

ROASTED VEGETABLE PIZZA

Yield: 2 pizzas (8 servings)

Time: 25 minutes plus baking time

Ingredients:

- 2 whole wheat pizza dough (either store bought or using the Whole Wheat Pizza Dough Recipe on pg 25 which makes two crusts)
- 3 medium red, yellow and/or green sweet peppers
- 1 medium onion, cut into very thin wedges and separated into strips
- olive oil nonstick cooking spray
- 2mL (½ tsp.) crushed red pepper
- 250mL (1 cup) mozzarella cheese, shredded
- 1 large red or yellow tomato, chopped
- 250mL (1 cup) queso or feta cheese
- 30mL (2 tbsp.) snipped fresh basil or oregano

Equipment:

Cutting board, knife, baking sheet, tinfoil, cheese grater, dry measuring cups, small measuring spoons, liquid measures, wooden pizza peel

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat the oven to 220°F (425°F).
4. Halve sweet peppers, removing stems, membranes and seeds.
5. Place peppers, cut sides down, on a baking sheet lined with foil.
6. Lightly coat onion strips with nonstick cooking spray and place onions around peppers on baking sheet.
7. Bake in preheated oven for ten minutes.
8. Remove onions and set them aside.
9. Bake peppers for 10 to 15 minutes longer or until skin is bubbly and browned.

10. Wrap peppers in the foil. Let them stand for 15 to 20 minutes or until cool enough to handle.
11. Using a paring knife, gently pull off the skin. Cut peppers into 2.5cm (1 inch) wide strips.
12. Lightly coat two 30cm (12 inch) pizza pans with nonstick cooking spray.
13. Place one ball of dough on each pizza pan. Pat the dough down into a 27.5cm (11 inch) circle on each pan, building up the edges slightly. Prick the bottom of the crust with a fork. Do not let rise.
14. Bake for approximately ten minutes or until browned.
15. Remove from oven. Cool on wire racks.
16. Lightly coat each crust with nonstick cooking spray.
17. Sprinkle with crushed red pepper. Top with mozzarella cheese, roasted peppers, roasted onion and tomato. Sprinkle with queso fresco or feta cheese.
18. Bake about seven minutes more or until cheese is melted and crusts are crisp.
19. Sprinkle with basil or oregano.

TURKEY ALFREDO PIZZA

Collard greens and leftover turkey are a great mix with Alfredo sauce and nutty fontina cheeses resulting in an easy yet inventive pizza.

Yield: 1 pizza (6 servings)

Time: 40 minutes

Ingredients:

- 1 whole wheat pizza dough (either store bought or using the Whole Wheat Pizza Dough Recipe on pg 25 which makes two crusts – only one crust is needed)
- 250mL (1 cup) cooked turkey breast, shredded
- 250mL (1 cup) frozen chopped collard greens or spinach, thawed, drained and squeezed dry
- 10mL (2 tsp.) lemon juice
- 2mL (½ tsp.) salt
- 1mL (¼ tsp.) pepper
- 1 garlic clove, halved
- 125mL (½ cup) light Alfredo sauce
- 175mL (¾ cup) fontina cheese, shredded
- 2mL (½ tsp.) crushed red pepper

Equipment:

Skillet, cutting board, knife, pizza pan, cheese grater, dry measuring cups, small measuring spoons, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat the oven to 230°F (450°F).
4. Combine the turkey breast, collard greens, lemon juice, salt and pepper. Toss well.
5. Rub cut sides of garlic over the crust. Discard the garlic.
6. Spread Alfredo sauce evenly over crust top.

7. Top with turkey mixture.
8. Sprinkle with cheese and red pepper.
9. Bake for 12 minutes until crust is crisp.

NOTES:

Rubbing the pizza crust with a halved garlic clove imparts lots of flavour with little effort and no chopping.

The turkey can be substituted with chicken.

GRILLED INDIVIDUAL HAWAIIAN PIZZAS

Here's a super simple grilled pizza that everyone will love!

Yield: 4 (serving size: 1pizza) Time: 40 minutes

Ingredients:

- 1 whole wheat pizza dough (either store bought or using the Whole Wheat Pizza Dough Recipe on pg 25 which makes two crusts – only one crust is needed)
- 15mL (1 tbsp.) honey
- 5mL (1 tsp.) water
- 3 (1.25cm/½ inch thick) fresh pineapple slices
- 100g (¼ pound) low sodium ham
- . cooking spray
- 150mL (2/3 cup) low sodium marinara sauce
- 250mL (1 cup) mozzarella cheese, shredded
- 2mL (½ tsp.) freshly ground black pepper

Equipment:

Grill, medium bowl, cutting board, knife, cheese grater, dry measuring cups, small measuring spoons, liquid measures, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat grill to high heat.
4. Combine honey and water in a medium bowl. Add pineapple and ham. Toss to coat.
5. Coat the grill with cooking spray.
6. Add pineapple and ham to grill. Grill three minutes on each side or until well marked.
7. Remove from grill. Cut into 2.5cm (1 inch) pieces.
8. Divide dough into four portions.

9. Roll each portion into a 17.5cm (7 inch) circle on a lightly floured surface.
10. Lightly coat dough with cooking spray.
11. Place dough on grill rack. Grill two minutes on each side or until lightly browned.
12. Reduce grill temperature to medium.
13. Spread marinara sauce evenly over pizzas, leaving a 1.25cm (½ inch) border.
14. Arrange pineapple and ham over pizzas.
15. Sprinkle with cheese.
16. Place pizzas on grill rack. Grill pizzas for three minutes or until cheese melts.
17. Sprinkle with pepper.

NOTE:

Don't feel like grilling? These pizzas can be baked instead. Cook the dough on a hot pizza stone at 260°C (500°F) for four minutes. Add toppings and bake an additional eight minutes or until done.

PIZZA SUPREME

Brighten a homemade version of a take-out favourite with two different colours of bell peppers. Use your own colour combo or any bell peppers you have on hand.

Yield: 1 pizza (6 servings)

Time: 40 minutes

Ingredients:

- 1 whole wheat pizza dough (either store bought or using the Whole Wheat Pizza Dough Recipe on pg 25 which makes two crusts – only one crust is needed)
- cooking spray
- 10mL (2 tsp.) olive oil
- 100g (¼ ounce) turkey sausage link
- 250mL (1 cup) mushrooms, sliced
- 250mL (1 cup) red bell pepper, thinly sliced
- 250mL (1 cup) orange bell pepper, thinly sliced
- 1mL (¼ cup) crushed red pepper
- 3 garlic cloves, thinly sliced
- 175mL (¾ cup) low sodium marinara sauce
- 250mL (1 cup) fresh mozzarella cheese, thinly sliced

Equipment:

Pizza pan, nonstick skillet, wooden spoon, cutting board, knife, cheese grater, dry measuring cups, small measuring spoons, liquid measure, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 260°C (500°F).
4. Roll dough into a 35cm (14 inch) circle on a lightly floured surface.
5. Place dough on a 35cm pizza pan or baking sheet coated with cooking spray.
6. Heat oil in a large nonstick skillet over medium-high heat.
7. Remove casing from sausage. Add sausage to the pan and cook for two

minutes, stirring to crumble.

8. Add mushrooms, bell peppers, onion, crushed red pepper and garlic.
9. Saute four minutes, stirring occasionally.
10. Spread sauce over dough, leaving a 2.5cm (1 inch) border.
11. Arrange cheese evenly over sauce.
12. Arrange turkey mixture evenly over cheese.
13. Bake for 15 minutes or until crust and cheese are browned.

BREAKFAST PIZZA

Yield: 4 to 6 servings

Time: 30 minutes

Ingredients:

- 1 store bought pizza dough or dough made using the Basic Pizza Crust recipe on pg. 9.
- 454g (1 pound) pork breakfast sausage
- 125g (4 ounces) cream cheese, softened (½ pkg.)
- 6 eggs
- salt and pepper, to taste
- 250mL (1 cup) cheddar cheese, shredded

Equipment:

Nonstick skillet, wooden spoon, pizza pan, spatula, dry measures, medium size bowl, stove top skillet, fork, cheese grater

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 200°C (400°F).
4. In a nonstick skillet, cook and crumble the sausage.
5. Roll out the pizza crust onto a baking sheet.
6. Bake the crust for five minutes. Remove from the oven and set aside.
7. Once the sausage is cooked through, drain it and return it to the pan.
8. Add the cream cheese and stir until the cheese is melted and the mixture is combined.
9. Spread the mixture onto the prepared pizza crust.
10. Return it to the oven for eight minutes.
11. In the meantime, scramble the eggs in a medium size bowl and then cook on the stove top in a skillet, adding salt and pepper if you wish. Set aside.
12. Remove the pizza from the oven and sprinkle with the scrambled eggs.
13. Sprinkle the cheese on the top.
14. Return to the oven for three minutes or until the cheese is just melted.

PEANUT BUTTER & JELLY PIZZA

Yield: 1 pizza

Time: 20 minutes plus baking time

Ingredients:

- 1 whole wheat pizza crust (from meeting #2)
- 375mL (1 ½ cups) your favourite creamy peanut butter
- 375mL (1 ½ cups) your favourite jelly, jam or preserves

Equipment:

Saucepans, spatula, dry measures, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In two separate saucepans, melt the peanut butter and the jam/jelly/preserves. Stir each until they are liquid and pourable. Do not boil the mixtures.
4. Drizzle the liquid peanut butter over the dough followed by the jam mixture. Have some fun making crisscrosses, alternating stripes, star-like shapes, concentric circles or other patterns with the peanut butter and jelly mixtures.
5. Bake at 200°C (400°F), on the middle rack, for about 20 minutes until the crust and the bottom of the dough has browned.
6. Remove from the oven, let the pizza set and cool for about 10 minutes.

****For added interest:** Try using a creamy and a crunchy peanut butter and two or more kinds of jelly of differing colours and flavours. Liquefy each of them separately, as above, then get creative!

EASY TACO PIZZA

Yield: 2 pizzas (12 to 16 servings)

Time: 45 minutes

Ingredients:

- 2 prebaked pizza crusts
- 454g (1 pound) ground beef
- 1 envelope taco seasoning
- 250mL (1 cup) water
- 473mL (16 ounces) refried beans (1 can)
- 175mL (3/4 cup) salsa
- 500mL (2 cups) tortilla chips, coarsely crushed
- 500mL (2 cups) cheddar cheese, shredded
- 2 medium tomatoes, chopped (optional)
- 250mL (1 cup) lettuce, shredded (optional)

Equipment:

Large saucepan, mixing spoon, spatula, dry measures, liquid measures, mixing bowl, cheese grater, cutting board, knife, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven at 180°C (350°F).
4. In a large saucepan, cook beef over medium heat until it is no longer pink. Drain
5. Stir in taco seasoning and water.
6. Bring to a boil. Reduce heat. Simmer uncovered for ten minutes. Set aside.
7. Place crusts on ungreased pizza pans or baking sheets.
8. Combine beans and salsa. Spread over crusts.
9. Top with beef mixture, chips and cheese.
10. Bake for 13 to 16 minutes or until cheese is melted.
11. Sprinkle with tomatoes and lettuce if desired.

SPAGHETTI & MEATBALL PIZZA

Yield: 1 pizza

Time: 30 minutes

Ingredients:

Pizza:

- 1 store bought pizza dough or dough made using the Basic Pizza Crust recipe on pg. 9.
- cornmeal, to dust pizza pan
- 500mL (2 cups) cooked spaghetti noodles
- 155mL ($\frac{1}{2}$ cup + 2 tbsp.) tomato sauce
- 250mL (1 cup) mozzarella cheese, grated

Meatball Ingredients (*makes enough meatballs for 2 pizzas*):

- 454g (1 pound) ground beef
- 1 egg
- 1mL ($\frac{1}{4}$ cup) oregano
- 1mL ($\frac{1}{4}$ cup) garlic
- 15mL (1 tbsp.) milk
- 30mL (1 tbsp.) grated Romano cheese
- 1 slice of bread

Equipment:

Medium bowl, mixing spoon, skillet, small measuring spoons, dry measures, liquid measure, spaghetti pot, pizza pan, spatula, fork, pastry brush

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°C (450°F).
4. In a medium bowl, place ground beef, egg, oregano, garlic, milk and cheese.
5. Wet the slice of bread with a little water and squeeze excess water out.
6. Place wet bread in bowl along with the other ingredients and mix until thoroughly

combined.

7. Roll 30mL (2 tbsp.) of meat mixture into a meatball. Repeat until the meat mixture is all made into meatballs.
8. Cook the meatballs in a skillet on medium until cooked through.
9. Spread out pizza dough onto the pizza pan with corn meal sprinkled on it so the dough doesn't stick.
10. Place 60mL ($\frac{1}{4}$ cup) tomato sauce on top of the dough and spread evenly.
11. Spread mozzarella cheese on top of the sauce.
12. Mix the spaghetti with 60mL ($\frac{1}{4}$ cup) sauce and add that to the top of the pizza. Use a fork to divide the spaghetti evenly around the pizza.
13. Cut meatballs in half and place them onto pizza.
14. Brush the tops of the meatballs with the remaining tomato sauce.
15. Bake for ten minutes.
16. Slide pizza off of the pizza pan and bake directly on oven rack for two to three more minutes for the bottom of the pizza to crisp.

MACARONI & CHEESE PIZZA

Yield: 1 pizza

Time: 30 minutes

Ingredients:

- 1 store bought or homemade pizza crust,
- 1 box, macaroni and cheese (cheese sauce in the package)
OR homemade macaroni and cheese
- 3 slices, cheddar cheese
- 60mL ($\frac{1}{4}$ cup) milk
- 60mL ($\frac{1}{4}$ cup) olive oil
- 125mL ($\frac{1}{2}$ cup) cheese, shredded

Equipment:

Saucepan, mixing spoon, spatula, dry measures, liquid measures, cheese grater, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°C (450°F).
4. Make the macaroni and cheese according to the package.
5. Add the sliced cheese and milk to make a little more cheese sauce.
6. Stir over low heat until melted.
7. Brush pizza crust with olive oil.
8. Top with macaroni and cheese.
9. Sprinkle with shredded cheese.
10. Bake for 7 to 10 minutes.

LOADED BAKED POTATO PIZZA

Yield: 1- 25cm (10 inch) pizza

Time: 20 minutes plus refrigeration time

Ingredients:

- 60mL (¼ cup) olive oil
- 1 pizza dough, store bought or homemade
- 4 small red potatoes, boiled and sliced
- 175mL (¾ cup) sour cream
- 5mL (1 tsp.) garlic powder
- 2mL (½ tsp.) black pepper
- 2mL (½ tsp.) Italian seasoning
- 6 strips bacon, diced
- 375mL (1 ½ cups) sharp cheddar cheese
- 60mL (¼ cup) sliced green onions

Equipment:

25cm (10 inch) case iron skillet, dry measures, small measuring spoons, liquid measure, spatula, small pot, fork, knife, small bowl, small skillet, paper towels

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Add olive oil to a 25cm (10 inch) cast iron skillet and place dough into the skillet.
4. Using your fingertips, spread the dough as close to the edge as possible. It will shrink slightly back but you should have no more than 1.25cm (½ inch) space between the dough and the pan.
5. In a small pot, add potatoes and cover with cold water. Cook until just fork tender. Drain and let cool.
6. Once cool, slice potatoes into 0.6cm (¼ inch) slices.
7. Preheat oven to 270°C (525°F).
8. In a small bowl, mix together sour cream, garlic powder, black pepper and Italian seasoning. Set aside.

9. In a small skillet, add diced bacon and cook until just slightly crisp. Do not fully crisp because it will also cook while in the oven.
10. Drain the bacon on a paper towel.
11. Spread sour cream mixtures over the dough, leave a 1.25cm ($\frac{1}{2}$ inch) crust.
12. Top with 250mL (1 cup) cheese, sliced potatoes and bacon. Top with remaining 125mL ($\frac{1}{2}$ cup) cheese.
13. Bake for about 15 to 18 minutes until the dough is fully cooked and the top is melted and browned.
14. Once fully cooked, remove from the oven, sprinkle with green onions and let sit for five minutes before you remove the pizza from the pan.

SUSHI PIZZA

This is a fabulous, easy and impressive appetizer.

Yield: 4 servings

Time: 35 minutes

Ingredients:

Base:

- 250mL (1 cup) sushi rice
- 60mL (¼ cup) seasoned rice vinegar
- 30mL (2 tbsp.) sesame seeds, toasted

Pizza Toppings:

- ½ avocado, thinly sliced
- ½ sheet roasted nori (pressed seaweed)
- 175mL (¾ cup) flaked imitation crabmeat (surimi) OR thinly sliced smoked salmon
- 125mL (½ cup) English cucumber, very thinly sliced
- 30mL (2 tbsp.) pickled ginger

Pizza Dressing:

- 30mL (2 tbsp.) light mayonnaise
- 30mL (2 tbsp.) milk
- 15mL (1 tbsp.) wasabi powder

Equipment:

Saucepan, fork, 20cm (8 inch) round or square cake pan, plastic wrap, spatula, cutting board, knife, small mixing bowl, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a saucepan, combine rice and 310mL (1 ¼ cups) water. Bring to a boil.
4. Cover and reduce heat to low. Cook for 25 minutes or until rice is tender.

5. With a fork, stir in rice vinegar and sesame seeds.
6. Meanwhile, line a 20cm (8 inch) round or square cake pan with plastic wrap.
7. With a spatula, press rice firmly and evenly into the pan.
8. Let it cool completely.
9. Turn out onto a flat serving plate.
10. Top with a layer of avocado slices.
11. Using scissors, cut nori into thin strips. Sprinkle over avocado.
12. Arrange crabmeat, cucumber and ginger over top.
13. Stir together mayonnaise, milk and wasabi powder. Drizzle over top.
14. Cut into wedges to serve.

DEEP DISH PIZZA CASSEROLE

Yield: 4 to 6 servings

Time: 35 minutes

Ingredients:

- 1 can refrigerated pizza dough
- 454g (1 pound) ground beef
- 125mL (½ cup) chopped onion
- 5mL (1 tsp.) garlic, minced
- 473mL (15 ounce) chunky Italian-style tomato sauce (1 can)
- 250mL (8 ounce/1 cup) mushrooms, sliced or chopped
- cooking spray
- 375mL (1 ½ cups) mozzarella cheese, shredded

Equipment:

Large non-stick skillet, spatula, 22.5cm x 32.5cm (9 x 13 inch) baking dish, dry measures, liquid measures, cheese grater, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 220°C (425°F).
4. Cook meat and onion in a large non-stick skillet until browned.
5. Drain.
6. Return to skillet and add tomato sauce and mushrooms until heated through.
7. While the meat mixture is cooking, coat a 22.5cm x 32.5cm (9 x 13 inch) baking dish with cooking spray.
8. Unroll pizza crust dough and press into the bottom and halfway up the sides of the baking dish.
9. Top the bottom of the pizza crust with the meat mixture.
10. Bake, uncovered for 12 minutes.
11. Top with cheese and bake an additional five minutes or until cheese is melted and crust is browned.

PEPPERONI PIZZA CAKE

12. Let cool for five minutes before serving.

Yield: 6 servings

Time: 1 hour 10 minutes

Ingredients:

- 2 cans refrigerated pizza crust
- 375mL (1 ½ cups) your favourite pizza sauce
- 750mL (3 cups) mozzarella cheese, shredded
- 250mL (1 cup) sliced pepperoni
- 15mL (1 tbsp.) butter, if desired
- cooking spray or olive oil

Equipment:

Cookie sheet, tall-sided ovenproof pan (a tall springform pan would work), knife, parchment paper, cheese grater, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 200°C (400°F).
4. Lightly spray a large cookie sheet with cooking spray or drizzle with olive oil.
5. Measure the diameter of a tall-sided ovenproof pan.
6. Unroll 1 can of dough onto a work surface. Press out into a thin layer.
7. Cut out 3 rounds the same diameter as the pan.
8. Place rounds on the cookie sheet.
9. Bake 8 minutes. Remove from cookie sheet to cooling rack. Cool.
10. Unroll remaining can of dough.
11. Cut two additional rounds from the long edge of the dough, leaving opposite side untouched.
12. Place rounds on cooled cookie sheet. Bake 8 minutes. Remove from cookie sheet. Cool.

13. Meanwhile, line the pan with cooking parchment paper so that the ends of the paper stick up and out of the pan.
14. Cut long strip of dough at least 1.25cm ($\frac{1}{2}$ inch) wider than the height of the pan. Carefully drape the long strip of dough around the inside edge of the pan to line it, leaving 1.25cm ($\frac{1}{2}$ inch) hanging over the outside edge of pan and the bottom touching the bottom of the pan. Pinch the seam to seal.
15. Carefully place one partially baked crust round in the bottom of the pan.
16. Spread pizza sauce over the crust. Top with pepperoni slices and sprinkle with mozzarella cheese (when the cheese melts, the crust will stick to it).
17. Repeat three more layers.
18. For the top layer, place the last crust over the cheese, sprinkle with remaining cheese and arrange remaining pepperoni on top.
19. Fold overhanging dough over the top layer of pizza cake to make a raised crust edge.
20. Bake 20 to 25 minutes or until dough around the pizza cake is fully cooked. To test, carefully pull up parchment paper to raise pizza cake out of the pan.
21. Once completely baked, cool in pan for 5 minutes.
22. Remove pizza cake from pan. Brush crust with butter.
23. Use a sharp knife to cut slices like you would a cake.

PIZZA CONES

Yield: 8 pizza cones

Time: 40 minutes plus rising time

Ingredients:

- 825mL-1000mL (3 ½ to 4 cups) bread flour
- 5mL (1 tsp.) sugar
- 11mL (2 ¼ tsp.) instant dry yeast (1 pkg.)
- 10mL (2 tsp.) salt
- 325mL (1 ½ cups) warm water (43°C (110°F))
- 40mL (2 tbsp. + 2 tsp.) olive oil, divided
- 5 to 10 ice cream cones (or cone-shaped Dixie cups)

Fillings:

- Mozzarella cheese, shredded
- Pizza sauce
- Pepperoni (optional)
- Pancetta, cooked and crumbled (optional)
- Red bell pepper, diced (optional)
- Basil

Equipment:

Large bowls, mixing spoon, spatula, plastic wrap, cutting board, knife, cheese grater, baking sheet, oven-safe mugs, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine the bread flour, sugar, yeast and salt in a bowl and combine.
4. While mixing, add the water and 30mL (2 tbsp.) of oil. Beat the dough until it forms a ball. If the dough is sticky, add additional flour 15mL (1 tbsp.) at a time until the dough comes together in a solid ball. If the dough is too dry, add additional water, 15mL (1 tbsp.) at a time.
5. Scrape the dough onto a lightly floured surface and gently knead into a smooth,

firm ball.

6. Grease a large bowl with the remaining 10mL (2 tsp.) olive oil and add the dough.
7. Cover the bowl with plastic wrap and put it in a warm area to let it double in size (about 1 hour).
8. Preheat oven to 230°C (450°F).
9. Turn the dough out onto a lightly floured surface and divide it into two equal pieces. Cover each with a clean kitchen towel or plastic wrap and let them rest for 10 minutes.
10. While the dough is rising, cover 5 to 10 ice cream cones (or cone-shaped Dixie cups) with foil. Spray with nonstick cooking spray. These will be used to reinforce your pizza dough into a cone shape while baking.
11. Once the dough is finished rising, cut it into strips or semicircles to begin covering the foil-covered cones. Start by folding the dough over the bottom and work your way up to the top, smoothing the dough over the entire surface and creating a minimal overlap to ensure all seams are covered.
12. Place the cones open side down onto an unlined baking sheet and cook for 6 to 8 minutes, until you see the cones begin to solidify their shape and the colour is slightly starting to brown.
13. Remove the cones from the oven and carefully remove the foil-lined ice cream cones from the inside of your pizza cone. Now begin to fill each cone with your personalized pizza cone ingredients. Layer fresh mozzarella cheese, then sauce mixed with any toppings you would like to include in layers throughout the cone. Add some extra mozzarella to the top of the cone.
14. Place your filled pizza cones in an oven-safe mug, glassware or specialized rack that can hold them upright and bake for an additional 4 to 5 minutes or until the cheese is melted and cones are golden brown.
15. Serve hot.

UPSIDE DOWN PIZZA

Yield: 6 servings

Time: 30 minutes

Ingredients:

- 500mL (2 cups) pasta sauce (your choice)
- 250mL (1 cup) cooked ground beef
- 60mL (¼ cup) sliced pepperoni, cut in half
- 60mL (¼ cup) sliced olives
- 500mL (2 cups) mozzarella cheese, shredded
- 1 can, refrigerated pizza crust
- olive oil
- 5 to 10mL (1 to 2 tsp.) Italian seasoning

Equipment:

Large bowl, mixing spoon, spatula, frying pan, cutting board, knife, cheese grater, 20cm (8 inch) square glass baking dish, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°C (450°F).
4. In a large bowl, stir together pasta sauce, beef, pepperoni and olives.
5. Pour into ungreased 20cm (8 inch) square glass baking dish.
6. Sprinkle cheese over top.
7. Unroll pizza dough over cheese, stretching sides of dough to completely cover.
8. Around the edge of the dish, fold about 2.5cm (1 inch) of dough over to form crust edge.
9. Lightly brush dough with oil.
10. Sprinkle with Italian seasoning.
11. Bake 20 to 25 minutes or until crust is golden brown.

VEGGIE PIZZA

Yield: 12 to 16 servings

Time: 40 minutes

Ingredients:

- 1 can of crescent roll dough
- cooking spray
- 250g cream cheese, softened (1 pkg.)
- 30mL (2 tbsp.) mayonnaise
- 75mL (1/3 cup) each of a variety of vegetables (e.g. cucumber, celery, carrots, peppers, onion, broccoli, etc.), finely chopped
- 250mL (1 cup) cheddar cheese, finely grated

Equipment:

Baking sheet, mixing bowl, mixing spoon, spatula, cutting board, knife, cheese grater, dry measures, pizza cutter

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 180°C (350°F).
4. Spray a baking sheet with cooking spray.
5. Unroll crescent dough and leave crescents attached. Roll out into a rectangle on the baking sheet. Seal perforations by pinching them together.
6. Bake crescent crust until its golden brown.
7. Remove from the oven. Cool.
8. In a mixing bowl, combine cream cheese and mayonnaise together to make a smooth spread.
9. Spread cream cheese/mayonnaise over the crust to within 1.25cm (½ inch) edge.
10. Sprinkle chopped vegetables over the spread.
11. Sprinkle grated cheese on the top.
12. Press down lightly on toppings with a fork to press them into the spread.
13. Cut into serving size pieces using a pizza cutter.
14. Refrigerate leftovers.



RANCH & CREAM CHEESE SAUCE (CHILLED) PIZZA

Yield: 1 pizza

Time: 20 minutes plus refrigeration time

Ingredients:

- 250g (1 cup) cream cheese (1 pkg.)
- 1 envelope powdered ranch dressing mix
- 150mL (2/3 cup) mayonnaise
- 150mL (2/3 cup) sour cream
- 1 dash seasoning salt or cayenne
- 15mL (1 tbsp.) parsley, fresh, minced
- 1 pre-baked pizza crust
- pre-cooked and/or cold pizza toppings such as cooked chicken, broccoli, mushrooms, onions, etc.

Equipment:

Mixing bowl, mixing spoon, dry measures, small measuring spoons, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix all ingredients together.
4. Chill for one hour. The sauce will stiffen like topping.
5. Spread over a pre-baked pizza crust.
6. Add pre-cooked and/or cold toppings for a chilled appetizer pizza.

MEXICAN CONFETTI APPETIZER PIZZA

A chilled appetizer pizza of diced Tapas vegetables and shredded Queso Blanco and Sharp Cheddar cheeses with a Ranch Cream Cheese Sauce. Coma y goce!

Yield: 1 pizza

Time: 40 minutes

Ingredients:

Crust

- 1 pre-baked classic pizza dough crust, 30cm-35cm (12 to 14 inch in diameter), cooled

Sauce

- 250g (8 ounce) cream cheese (1 pkg.)
- 1 envelope Ranch dressing mix (dry)
- 150mL (2/3 cup) mayonnaise
- 150mL (2/3 cup) sour cream
- 1 dash seasoning salt or cayenne
- 15mL (1 tbsp.) parsley, fresh, minced

Toppings

- 75mL (1/3 cup) broccoli
- 75mL (1/3 cup) onion
- 75mL (1/3 cup) mushroom
- 75mL (1/3 cup) carrot
- 75mL (1/3 cup) green pepper
- 75mL (1/3 cup) yellow Holland pepper
- 75mL (1/3 cup) Spanish olives
- 75mL (1/3 cup) roasted red pepper or pimento
- 75mL (1/3 cup) chili (Jalapeno) pepper
- 250mL (1 cup – 8 oz.) sharp cheddar cheese, finely shredded
- 250mL (1 cup – 8 oz.) Queso Blanco, white cheese, finely shredded

Equipment:

Mixing bowl, electric mixer, spatula, dry measures, small measuring spoons, knife, cutting board, cheese grater

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Pre-bake a classic pizza dough shell (30cm to 35cm – 12 to 14 inch in diameter) and set aside to cool.
4. Mix all sauce ingredients together in a mixing bowl using an electric mixer.
5. Top the pizza shell with an even layer of the sauce, spreading it out so as to leave about 1.8cm (3/4 inch) of the crust edge exposed. Sprinkle layers of the vegetables (except for 40mL (1/6 cup) of the red and chili (Jalapeno) peppers) over the sauced shell.
6. Finish topping with a sprinkling of the cheeses.
7. Garnish with the remaining red and chili (Jalapeno) peppers.
8. Slice into wedges or squares. Serve chilled or warm, slightly melting the cheese topping under a broiler. Coma y goce!

STRAWBERRY PIZZA

Yield: 1 pizza

Time: 20 minutes plus baking time

Ingredients:

- 500mL (2 cups) all-purpose flour
- 250mL (1 cup) butter, softened
- 375mL (1 ½ cups) confectioner's sugar (icing sugar), divided
- 250g (8 oz.) cream cheese, softened
- 5mL (1 tsp.) vanilla extract
- 250g (8 oz.) frozen whipped topping, thawed
- 473mL (1 pint) fresh or frozen strawberries – cleaned, hulled and sliced

Equipment:

Medium-sized bowls, dry measuring cups, small measuring spoons, wooden mixing spoon, spatula, pizza pan, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat the oven to 180°C (350°F).
4. In a medium-sized bowl, make a soft dough by mixing together the flour, butter, and 125mL (½ cup) confectioner's sugar.
5. Spread the dough onto a greased 30cm (12 inch) pizza pan and bake for 20 to 25 minutes or until golden. Let cool.
6. Mix cream cheese, remaining confectioner's sugar and vanilla together. Spread cheese mixture over cooled pizza shell.
7. Top with sliced strawberries.
8. Serve with whipped topping.

CARAMEL APPLE DESSERT PIZZA

NOTE: This recipe contains peanuts.

This caramel apple pizza rests on a sugar cookie dough and is topped with a creamy sauce, thinly sliced apples, caramel sauce and salty peanuts.

Yield: 1 - 35cm (14 inch) pizza

Time: 60 minutes

Ingredients:

Sugar Cookie Crust:

- 250mL (1 cup) butter, softened
- 375mL (1 ½ cup) sugar
- 1 egg
- 5mL (1 tsp.) vanilla extract
- 675mL (2 ¾ cup) all purpose flour
- 5mL (1 tsp.) baking soda
- 2mL (½ tsp.) baking powder

Pizza:

- 1 sugar cookie dough for one pizza
- 2mL (1/2 tsp.) vanilla
- 250g (8 ounces) cream cheese, softened (1 pkg.)
- 125mL (½ cup) brown sugar
- 60mL (¼ cup) peanut butter OR soy butter
- 3 medium apples
- 125mL (½ cup) caramel ice cream topping
- 250mL (1 cup) salted peanuts, roughly chopped (optional)

Equipment:

Medium-sized bowls, dry measuring cups, small measuring spoons, liquid measure, wooden mixing spoon, pizza stone/baking sheet, spatula, long knife, cutting board, paring knife, microwave

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. To make the sugar cookie crust, cream together the butter and the sugar until smooth.
4. Beat in the egg and vanilla.
5. Gradually blend in the dry ingredients.
6. Chill half of this dough in the fridge for about 20 minutes. See notes at the end of this recipe for instructions for the remainder of the dough.
7. Preheat the oven to 180°C (350°F).
8. Take the chilled dough from the fridge and shape it into a ball.
9. Place the dough ball in the centre of a pizza stone or greased baking sheet. Flatten slightly.
10. Sprinkle both sides of the dough with flour. Rub the flour around the dough to spread it.
11. Roll out dough to a 35cm (14 inch) circle about 0.6cm (1/4 inch) thick.
12. Bake 16 to 18 minutes or until light golden brown. Remove from oven.
13. Cool for ten minutes.
14. Carefully loosen the cookie from the baking stone using a long knife.
15. Cool completely.
16. Thoroughly combine cream cheese, brown sugar, peanut butter and vanilla in a small bowl.
17. Spread the cream cheese mixture evenly over the cookie crust.
18. Peel, core and thinly slice apples.
19. Arrange apple slices evenly over the cream cheese mixture.
20. Microwave the caramel ice cream topping on High for 30 to 45 second or until warm.
21. Drizzle evenly over the apples.
22. Chop peanuts and sprinkle over apples.
23. Cut pizza into wedges.

NOTES: The recipe is best served the same day it is made but it will keep in the fridge

for a few days.

This dough in this recipe can also be made into sugar cookies. For the unused half of the cookie dough, line a plate with wax paper or parchment paper. Roll dough into 2.5cm (1 inch) balls and freeze on plate. Once frozen, put dough balls into a freezer safe container or bag. When ready to bake, put dough balls directly onto a baking sheet and bake in a preheated oven at 190°C (375°F) for 9 to 10 minutes.

COOKIE DOUGH PIZZA

This caramel apple pizza rests on a sugar cookie dough and is topped with a creamy sauce, thinly sliced apples, caramel sauce and salty peanuts.

Yield: 1 pizza

Time: 40 minutes plus rising time

Ingredients:

Pizza Dough:

- 155mL ($\frac{1}{2}$ cup + $\frac{1}{8}$ cup) warm water
- 5mL (1 tsp.) yeast
- 22mL (1 $\frac{1}{2}$ tbsp.) vegetable oil
- 500mL (2 cups) flour

Cookie Dough:

- any chocolate chip cookie dough will work

Caramel Sauce:

- 250mL (1 cup) brown sugar
- 90mL (6 tbsp.) butter (at room temperature)
- 125mL ($\frac{1}{2}$ cup) heavy cream

Cream Cheese Frosting:

- 500g cream cheese (2 pkgs.)
- 125mL ($\frac{1}{2}$ cup) butter, softened
- 500-750mL (2 to 3 cups) icing sugar
- 30-60mL (2 to 4 tbsp.) milk

Also needed:

- hot fudge sauce

Equipment:

Medium-sized bowls, dry measuring cups, small measuring spoons, liquid measure, wooden mixing spoon, damp dishcloth, stovetop pot, whisk, spoon, pizza pan, spatula, thermometer, bag for frosting

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. To make the dough, in a medium bowl, mix yeast in the warm water and let sit for five minutes.
4. Add remaining ingredients and mix until combined.
5. Cover with a damp dishcloth and allow to rise approximately an hour to an hour and a half.
6. To make the caramel sauce, make sure to read through all of the instructions before you begin so that you are prepared because you need to move fast.
7. Pour sugar into a pot on the stove and begin to cook over medium heat. As the sugar starts to melt it will clump into little sugar rock. Begin to whisk it. Keep whisking and it will start to melt into a liquid. If the sugar gets stuck inside your whisk, switch to a spoon for a while.
8. Keep whisking and stirring until the temperature reaches 180°C (350°F) or it's a nice deep amber colour.
9. Stir in the butter.
10. Once the butter is fully incorporated, add your heavy cream and mix it in.
11. Keep mixing until you get all of the lumps out.
12. Let this sit for about ten minutes to set up.
13. To make the cream cheese frosting, mix all frosting ingredients together in a bowl until smooth. Add more icing sugar if the mixture is too runny or more milk if it is too thick.

Pizza Assembly:

1. Spread the dough onto a pizza pan.
2. Bake the dough at 200°C (400°F) for about five minutes or until the crust just starts to get light brown.
3. Break the cookie dough into pieces and sprinkle across the pizza to cover it completely. Leave a small edge on the pizza.
4. Put it back in the oven for about 5 to 7 minutes, until the crust looks done and the cookie dough is just starting to brown on top.
5. Take the pizza out of the oven and squeeze the cream cheese frosting (it works to put it in a bag and then cut off the corner of the bag) onto the pizza, filling in the gaps where there isn't cookie dough.

CHOCOLATE BAR PIZZA

6. Put the pizza back in the oven for about one minute to let the frosting melt a little.

7. Drizzle with hot fudge and caramel.

Yield: 1 – 30cm (12 inch) pizza

Time: 45 minutes

Ingredients:

- 250mL (1 cup) butter, softened
- 175mL (3/4 cup) brown sugar
- 125mL (½ cup) sugar
- 1 egg
- 5mL (1 tsp.) vanilla
- 560mL (2 ¼ cups) flour
- 5mL (1 tsp.) salt
- 5mL (1 tsp.) baking soda
- 750 to 1000mL (3 to 4 cups) chocolate chips, divided
- 175mL (3/4 cup) peanut butter (substitute with soy butter if desired)
- broken chocolate bar pieces

Equipment:

Large size bowl, mixing spoon, medium size bowl, dry measuring cups, small measuring spoons, fork, 30cm (12 inch) cheesecake pan, spatula, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 190°C (375°F).
4. In a large bowl, cream butter and both sugars.
5. Add egg and vanilla and mix thoroughly.
6. In a separate bowl, sift flour, salt and baking soda. Then add to butter mixture.
7. Add in 375mL (1 ½ cups) chocolate chips.

8. Press mixture into the bottom of a greased 30cm (12 inch) cheesecake pan (or any pan with sides will work). Make it about 3.75cm (1 ½ inch) thick. If the dough doesn't all fit, you can make regular cookies with the rest.
9. Bake for 20 to 25 minutes or until toothpick comes out clean.
10. After taking it out of the oven, immediately sprinkle 250-500mL (1 to 2 cups) of chocolate chips on top.
11. Let melt for 5 to 10 minutes, then drop on the peanut butter by spoonfuls. Spread the melted chips and peanut butter all over the top of the cookie.
12. Sprinkle broken chocolate bar pieces on top.
13. Cool, cut and enjoy!

BROWNIE ICE CREAM PIZZA

Yield: 1 – 30cm (12 inch) pizza

Time: 45 minutes

Ingredients:

- 1 box brownie mix (or homemade brownie batter)
- 125mL (1/2 cup) peanut butter (substitute with soy butter if desired)
- 1L vanilla ice cream
- 500mL (2 cups) assorted fresh berries (strawberries, raspberries and/or blueberries)
- 60mL (¼ cup) your favourite ice cream sauce (e.g. fudge sauce, raspberry sauce, etc.)
- cooking spray

Equipment:

Pizza pan, spatula, dry measuring cups, ice cream scoop

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 180°C (350°F).
4. Spray a 30cm (12 inch) pizza pan with cooking spray. Set aside.
5. Prepare brownie mix according to package directions. Pour into prepared pan.
6. Bake 23 minutes or just until centre is firm.
7. Cool on wire rack for approximately 20 minutes.
8. Freeze one hour or until frozen.
9. Evenly spread peanut butter over brownie pizza, leaving a 2.5cm (1 inch) border.
10. Top with scoops of vanilla ice cream arranged in a ring around the outside of the pizza.
11. Fill the centre with fruit.
12. Drizzle with ice cream sauce.

NOTE:

A 22.5cm x 32.5cm (9 x 13 inch) baking dish could be used instead of a pizza pan. Bake brownies approximately 20 minutes.

S'MORES PIZZA ROLL-UP

Yield: 6 servings

Time: 20 minutes

Ingredients:

- 1 can refrigerated pizza crust
- 125mL (½ cup) graham cracker crumbs
- 125mL (½ cup) quick-cooking oats
- 60mL (¼ cup) packed brown sugar
- 60mL (¼ cup) butter, melted
- 105mL (7 tbsp.) marshmallow cream
- 250mL (1 cup) chocolate chips

Equipment:

Cookie sheet, small bowl, mixing spoon, spatula, 22.5cm x 12.5cm (9x5 inch) loaf pan, serving plate/cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 200°C (400°F).
4. Lightly grease a cookie sheet with shortening or spray with cooking spray.
5. Unroll pizza crust onto a cookie sheet. Press out into an approximately 35cm x 22.5cm (14 x 9 inch) rectangle.
6. Bake 8 minutes.
7. Meanwhile, in a small bowl, stir together graham cracker crumbs, oats, brown sugar and melted butter. Set aside.
8. Remove crust from oven and cool slightly.
9. Spread 60mL (4 tbsp.) of the marshmallow cream in a thin layer over the crust.
10. Pile remaining 45mL (3 tbsp.) in line along 1 short edge of the crust (this will become the gooey marshmallow centre).
11. Sprinkle the graham cracker mixture evenly over the marshmallow cream.
12. Sprinkle with chocolate chips.

13. Starting with the edge that has the thick marshmallow, carefully roll up the crust. Do not squeeze or the marshmallow cream will ooze out.
14. Place seam side down in an ungreased 22.5cm x 12.5cm (9 x 5 inch) loaf pan.
15. Bake 8 minutes longer.
16. Remove from pan and place on a serving plate or cutting board.
17. Cut into 2.5cm (1 inch) thick slices.

DOUBLE CRUST STYLE PIZZA

DOUBLE CRUST STYLE PIZZA

Yield: 1 pizza

Time: 20 minutes plus baking time

Ingredients:

- 2 dough balls using the Basic Crust Recipe
- pizza sauce
- cheese
- variety of pizza toppings

Equipment:

Pizza pan with curved sides, pastry knife, fork

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Prepare two dough balls using the Basic Crust Recipe found in this Recipe Book.
4. Roll out two circular sheets of dough, about 35cm (14 inches) in circumference and 0.6cm (¼ inch) thick.
5. Place the first sheet of dough down in the centre of the baking pan. The edge of the dough will drop over the edge of the pan.
6. Draw the dough up evenly over the curved wall of the pan, letting out any air trapped between the dough and the pan. The dough will conform to the shape of the pan. DO NOT trim the excess dough from the edge of the pan yet.
7. Continue by filling the pie shell as you would making a regular single-crust pizza. Add sauce, cheese, sautéed vegetables and pre-cooked meat portions and a final topping of cheese over the filling.
8. Place the second dough sheet over the filling and allow the edge of the sheet to meet with and over-lap the edge of the bottom sheet of dough.
9. Where the two dough sheets meet, take a finger full of water and moisten the inner dough surfaces to insure proper closure of the pie edge.
10. Place the cover pan or handled lid over the pie and press into place. As the excess edge of the two dough sheets is trimmed, the compressing action of the cover pan also seals the two sheets of dough together.

11. Remove the excess dough and set it aside.
12. Prick the top sheet of dough with a fork or sharp knife to vent the pie as it bakes.
Try coating the top surface of the pie dough with a light brushing of olive oil.
13. Bake the pie using the baking instructions for Basic Pizza Recipes, allowing for a little extra time to allow both crusts to bake through.
14. When the top crust is a golden brown, your double-crust pizza pie is ready to enjoy!

CALZONES

Yield: 2 calzones

Time: 20 minutes plus baking time

Ingredients:

- 2 dough balls using the Basic Crust Recipe
- pizza sauce (optional)
- cheese (choice of provolone, mozzarella, Parmesan, ricotta)
- cooked Italian sausage (other choices of cooked meat will also work)
- any other favourite pizza toppings (optional)
- 1 egg, beaten (or melted garlic butter) (optional)

Equipment:

30cm (12 inch) pizza pan, pastry knife, pastry brush, fork

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Prepare two dough balls using the Basic Crust Recipe found in this Recipe Book.
4. Preheat the oven to 180°C (350°F).
5. Roll out two circular sheets of dough, about 35cm (14 inches) in circumference and 0.6cm (¼ inch) thick.
6. Place the first sheet of dough down in the centre of the pizza pan. DO NOT trim the excess dough yet.
7. Place the calzone fillings on one half of the dough sheet.
8. Fold the remaining half of the dough over the filling and over-lap the bottom edge of the dough with the top edge. Moisten the meeting surfaces of the dough with a little water and let set. The first calzone should take up half of the baking pan.
9. Place the second sheet of dough over the remaining area of the baking pan. You may wish to fill the second calzone with another filling recipe for variety. As before, fold the top half over the filling and over-lap the bottom edge of the dough with the top edge. Moisten the meeting surfaces of the dough with a little water.
10. Trim the excess dough around the edge of the pan with a pastry knife.
11. Roll and crimp the seams of the dough pockets with a fork or with your fingers.

12. Prick the tops of the calzones to vent.
13. If desired, brush the tops of the calzones with beaten egg or season with a wash of melted garlic butter.
14. Bake for 30 minutes or until tops are a golden colour.

NEW YORK STYLE PIZZA

Yield: 1 pizza

Time: 60 minutes plus rising and baking time

Ingredients:

Dough

- 875mL (3 ½ cups) high-gluten flour
- 250mL (1 cup) warm water
- 5mL (1 tsp.) instant yeast
- 4mL (¾ tsp.) salt
- 15mL (1 tbsp.) olive oil

Pizza Sauce

- 28oz. can whole peeled tomatoes
- 1 clove garlic, minced
- 5mL (1 tsp.) dried oregano flakes

Equipment:

Small bowls, sieve, electric mixer, liquid measure, dry measure

Instructions:

Dough Assembly:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a stand mixer fitted with the dough attachment, add all dough ingredients except the olive oil and mix on low speed until ingredients come together and form a scrappy dough. Add olive oil and mix for a few seconds longer until it's incorporated into the dough. Switch to the dough hook attachment and set mixer to medium speed. Allow mixer to knead the dough for a full 15 minutes at which time it should pass a windowpane test.

OR

If a mixer or food processor is not available, add all dough ingredients except the olive oil to a large bowl and knead the mixture by hand until it forms a scrappy dough. Add the olive oil and continue to knead for at least 15 minutes until it passes a windowpane test.

NOTE: see instructions at the end of this recipe for the Windowpane Test.

4. Place the dough in a large oiled bowl and cover tightly with plastic wrap. Place the dough in the refrigerator for 24 hours.

Sauce Assembly:

1. Puree the tomatoes, garlic and oregano in a blender. Pour into a saucepan and simmer over low heat for 30 minutes. Do not boil.

Pizza Assembly:

1. When ready to make pizza, remove dough from refrigerator and allow it to warm up to room temperature. Preheat the oven and the pizza stone to 230°C (450°F).
2. Turn out the dough onto a floured work surface. Press the dough into a flat, round disc. Use your fingers or the palm of your hand to press the dough out thin, leaving an outside raised edge. Place the dough over your fists and begin stretching it into a large circle.
3. Place the dough on a pizza peel which has been dusted with flour, cornmeal or semolina flour.
4. Add your sauce, toppings and cheese. Perform this step rather quickly so that the dough will not have time to stick to the peel.
5. Transfer the pizza to the oven and bake until the crust is dark brown and somewhat charred. Remove from the oven and place on a cooling rack for five minutes. Transfer to a serving pan and slice.

TIP: A pizza peel is a bit tricky to use at first but you'll soon get the hang of it! First, it is important to have a good dusting of cornmeal on the peel which keeps the dough from sticking and greatly helps the pizza in sliding off. Before you attempt to transfer the pizza into the oven, hold the peel level and in front of you. Quickly jerk the peel back and forth a few times to loosen the pizza. You'll see the pizza start to slide around a bit. Once it is loose and you are confident that it is not sticking to the peel, place the peel at the very back of the oven. Hold the handle at an upward angle and make a series of short, quick backwards jerks letting the pizza slide off and onto the pizza stone. Some people forget to loosen the pizza and, even worse, try to make one huge backwards jerk to get the pizza off. This usually results in a huge mess!

TIP: Do not place aluminum foil, or anything else, between the oven rack and the pizza stone (or tiles). The radiant heat will be reflected instead of being absorbed which will keep your stone from reaching and maintaining the proper temperature.

Windowpane Test

1. Pull off a small bit of dough, about the size of a marble.
2. Flatten it out and then begin gently stretching it.
3. Keep stretching it. Imagine you are making a pizza for someone who likes a super-thin crust.
4. If you can keep stretching and pulling the dough until it's a thin membrane that you can see through, the dough is elastic enough. It's ready!

NEW YORK STYLE PIZZA DOUGH

Alternate Recipe

Yield: 1 crust

Time: 20 minutes plus baking time

Ingredients:

- 250mL (1 cup) warm water
- 30mL (2 tbsp.) milk
- 10mL (2 tsp.) brown sugar
- 5mL (1 tsp.) salt
- 15mL (1 tbsp.) shortening
- 15mL (1 tbsp.) corn meal
- 15mL (1 tbsp.) extra virgin olive oil
- 30mL (2 tbsp.) yeast (1 pkg.)
- 750mL (3 cups) all-purpose flour or unbleached white flour

Equipment:

Large mixing bowl, electric mixer, dry measuring cups, small measuring spoons, spatula, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a large bowl, mix water, milk, brown sugar, salt and shortening with an electric mixer on low speed for about one minute.
4. Add corn meal, olive oil and yeast and continue mixing it for one minute.
1. Let it rest for five minutes
2. Add the remaining flour and mix it with your hands.
3. Turn the dough out on a lightly floured surface and knead the dough about eight to ten minutes.
4. Form the dough into a ball and place it on the table in a warm place.
5. Let it rest about 45 minutes to one hour.

NEW YORK STYLE PIZZA SAUCE

Alternate Recipe

Pizzeria-style, homemade pizza sauce recipes that have that pizza restaurant taste!

Yield: 2 to 3 cups

Time: 20 minutes plus cooling time

Ingredients:

- 2 – 429mL (14.5oz.) cans whole peeled tomatoes
- 1 – 429mL (14.5oz.) can of your favourite spaghetti or pizza sauce
- 1mL (¼ tsp.) dried oregano, crushed
- 1mL (¼ tsp.) dried basil, crushed
- 1mL (¼ tsp.) dried marjoram, crushed
- 2mL (½ tsp.) garlic salt
- 1mL (¼ tsp.) cayenne black pepper

Equipment:

Large pot, small measuring spoons, mixing spoon, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine all ingredients in a large pot.
4. Bring to a boil, then simmer for one hour.
5. Let the mixture cool to room temperature.
6. Refrigerate until ready to use.

CHICAGO STYLE THIN CRUST PIZZA

Yield: 1 pizza

Time: 60 minutes plus rising and baking time

Ingredients:

Dough

- 5mL (1 tsp.) dried yeast
- 5mL (1 tsp.) sugar
- 125mL (1/2 cup) warm water (110°F)
- 15mL (1 tbsp.) olive oil
- 5mL (1 tsp.) salt
- 375mL (1 ½ cup) bread flour

Pizza Sauce

- 875mL (3 ½ cups) crushed tomatoes
- 30mL (2 tbsp.) Parmesan cheese
- 15mL (1 tbsp.) Italian seasoning

Equipment:

Small bowls, rubber spatula, wooden spoon, small spoon, pizza pan, aluminum foil, cutting board, pizza cutter

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine the yeast, sugar and warm water in a bowl. Let sit for five minutes.
4. Add salt and olive oil and stir.
5. Add flour all at once and mix well in a bowl. Add a little extra flour if dough is sticky.
6. Knead for a good 10 minutes, until dough is smooth with no lumps.
7. Put into a greased bowl and let rise for 60 minutes until it doubles in size.
8. Turn out onto a floured surface. Knead lightly until smooth.
9. Roll out into a .6cm (¼ inch) thick, 30cm (12 inch) diameter circle. Fit into a greased pizza pan.

10. Preheat oven to 190°C (375°F).
11. Assemble pizza according to the chart on the next page.
12. Bake at 190°C (375°F) for 20 to 25 minutes.

Chicago Style Thin-Crust Pizza Assembly

Using either sliced or shredded mozzarella or a blend of sliced/shredded mozzarella and provolone, cover the bottom of the dough with cheese.



Add your desired toppings (sweet Italian sausage is very popular in Chicago). For this pizza, we used pepperoni.



Top with crushed tomatoes. Spoon directly from the can. Use your hands if necessary to spread out the tomatoes.



Finish topping with Italian herbs/seasonings (chopped fresh basil and dried oregano are popular) and finally with freshly grated parmesan cheese.



Place the pan in the centre of the bottom oven rack and bake for 20 to 25 minutes, turning once half way through, until the crust is golden brown. Put a sheet of aluminum foil on top rack above pizza to keep ingredients from browning too quickly. Remove the pizza from the oven and allow to cool for about 3 minutes.



Remove the pizza from the baking pan and place on a cutting board or serving pan. Slice and serve.



CHICAGO STYLE STUFFED SPINACH PIZZA

With this pizza, the filling is completely sealed inside a dough shell. Tomatoes and cheese are placed on the top shell during the last few minutes of cooking which allows the top crust to brown before the toppings are added.

Yield: 1 pizza

Time: 60 minutes plus rising and baking time

Ingredients:

Dough

- 1250mL (5 cups) bread flour
- 375mL (1 ½ cups) water
- 125mL (½ cup) extra virgin olive oil
- 10mL (2 tsp.) active dry yeast
- 5mL (1 tsp.) salt

Filling

- 908g (2 lbs.) fresh spinach, washed, dried and chopped
- 225g (½ lb.) fresh mushrooms, washed and cut into 0.3cm (1/8 inch) slices (optional)
- 1 small onion, cut into 0.3cm (1/8 inch) slices (optional)
- 15mL (1 tbsp.) extra virgin olive oil
- 4 cloves garlic, minced
- 2mL (½ tsp.) crushed red pepper flakes
- 454g (1 lbs/16 oz.) whole milk mozzarella cheese, shredded
- salt and pepper, to taste

Topping

- (28 oz.) can, whole peeled tomatoes, drained and roughly crushed
- 5 to 6 fresh basil leaves, chopped
- 60mL (¼ cup) freshly grated Parmesan cheese

NOTE: if you prefer, you can substitute your favourite pizza sauce in place of the crushed tomatoes

Equipment:

Mixing bowl, mixing spoon, large greased bowl, plastic wrap, large skillet, knives, colander, deep-dish pizza pan, fork, dry measures, small measuring spoons

Instructions:**Dough Assembly:**

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix together the water, oil and yeast until the yeast is fully dissolved.
4. Add the flour and salt.
5. Mix with a spoon until most of the flour has mixed with the wet ingredients.
6. Begin kneading in the bowl until the dough forms a cohesive ball and is smooth and silky, about 10 minutes
7. Transfer dough to a large greased bowl and cover tightly with plastic wrap.
8. Allow dough to rise, until it doubles in size. This will take about one hour.

Filling Assembly:

1. While the dough is rising, preheat the oven to 260°F (500°F).
2. Prepare the filling by heating the olive oil in a large skillet and adding the spinach, garlic, red pepper flakes and salt and pepper. Cook over high heat, stirring frequently until the spinach wilts and most of the excess liquid has evaporated.
3. Drain the spinach in a colander and set aside until needed.
4. Blanch the mushrooms and onions (in separate batches) in boiling water.
5. Drain in a colander and set aside until needed.

Filling Assembly:

1. When the dough has doubled in bulk, punch it down and knead it briefly (about one minute). Remove 1/3 of the dough and place it back in the bowl, covering tightly.
2. Roll the large portion of dough out into a 40cm (16 inch) circle.
3. Place the dough onto a lightly greased 37.5cm x 5cm (15 inch x 2 inch) round deep-dish pizza pan. The dough should come up 5cm (2 inches) on the sides. Mix the spinach, mushrooms and onion together with the mozzarella cheese. Fill the dough shell with the mixture.
4. Roll out the remaining dough into a 35cm (14 inch) circle and place it on top of

the filling.

5. Pinch the top and side edges together and seal.
6. Prick the top with a fork to allow steam to escape.
7. Let the pizza rise an additional 15 minutes in the pan before baking.
8. Bake at 260°F (500°F) for 15 minutes, then lower the temperature to 200°F (400°F) and bake for 20 to 25 minutes.
9. Add the tomatoes, basil, Parmesan cheese and toppings during the last 10 minutes of baking time.

CHICAGO MEAT-LOVER'S DEEP-DISH PIZZA

Yield: 1 pizza

Time: 60 minutes plus cooking time

Ingredients:

- 625 to 750mL (2 ½ to 3 cups) your favourite marinara, pizza or spaghetti sauce
- 800g (28 ounce) pizza dough ball (using Basic Pizza Crust recipe on pg.9)
- 8 - 70g (2.5oz.) Italian, onion or herbed meatballs, browned
- 454g (1 pound) Sweet Italian sausage, cut into 8 links, browned
- 8 slices Genoa salami
- 8 slices Prosciutto or Capicola
- 8 slices bacon, cooked
- 8 slices pepperoni, large
- 1 medium, red or yellow onion, sliced into 0.6cm (¼ inch) rings, raw
- 250 to 375mL (1 to 1 ½ cups) white mushrooms, sliced or quartered, (optional: sautéed in butter)
- 125mL (½ cup) colossal black or calamato olives, pitted, whole or halved
- 22 to 30mL (1 ½ to 2 tbsp.) fresh garlic, minced
- 15mL (1 tbsp.) Italian seasonings
- 60mL (¼ cup) parmesan cheese, fine freshly grated
- 500mL (2 cups) mozzarella cheese, grated

Equipment:

Deep-dish pizza pan, frying pan, small measuring spoons, dry measures, liquid measures, knife, cutting board, medium-sized saucepan, cheese grater, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.

3. Preheat oven to 150°C - 160°C (300°F - 325°F).
4. Roll out the dough into a 45cm (18 inch) round and 1cm (3/8 inch) thick circle.
5. Form into a deep-dish pizza pan, allowing the edges of the dough circle to droop over the top edge of the pizza pan.

IMPORTANT: Fill the dough shell with the ingredients before trimming the crust edge so that the dough does not slip down into the vertical pan wall and become “bunched” and uneven.

6. Pour half of the sauce into the dough shell and spread evenly over the bottom.
7. Arrange the meats uniformly around the bottom of the pan.
8. Sprinkle the garlic and seasonings over the meat.
9. Arrange the onions, mushrooms and olives on top of the meat.
10. Layer the mozzarella cheese evenly over the filling.
11. Top by dribbling the remaining sauce over the cheese layer. Then sprinkle with the Parmesan cheese.
12. Trim away the excess dough drooping from the pan edge, leaving enough dough around the circumference to “flute” with thumbs or a fork or “fold and tuck” a curled, uniform crust edge around the pizza.
13. Bake pizza on the middle rack until mixture bubbles and the dough crust is medium brown, approximately 45 to 55 minutes.
14. When done, let cool a little, then slip the pizza off of the pan and onto a large cutting board.

NOTE:

Some spice manufacturers offer a blended seasoning mix in a package or shaker bottle, generically referred to as “Italian Seasonings.” This blend often contains dried, crushed/ flaked or ground oregano, basil, sage, savory, marjoram, thyme and rosemary. If you cannot find this product pre-blended, try making one of your own by combining equal amounts of each of these herbs/spices. You can make a quantity of this mixture and keep it in an air-tight jar in the refrigerator for future use.

PAPA DEL'S STYLE DEEP DISH PIZZA

Papa Del's is a famous pizzeria in Illinois. This pizza is in a class of its own and cannot be compared to the Chicago-style deep-dish pizza, which has a completely different type of crust. This pizza takes a long time to prepare but is well worth the effort!

Yield: 1 pizza

Time: 4 hours plus baking time

Ingredients:

Dough

- 1000mL (4 cups) flour
- 250mL (1 cup) milk
- 15mL (1 tbsp.) butter
- 15mL (1 tbsp.) sugar
- 5mL (1 tsp.) salt
- 11mL (2 1/4 tsp.) instant dry yeast (1 pkg.)

Sauce

- 473mL (16 ounces) tomato puree
- salt to taste
- oregano
- thyme
- black pepper
- sweet basil
- garlic

Topping

- 125mL (1/2 cup/4 oz.) mozzarella cheese, grated coarsely
- 60mL (1/4 cup/ 2 to 3 oz.) provolone cheese, grated coarsely
- 30mL (2 tbsp. 1 oz.) parmesan cheese, grated fine (Romano could be substituted)
- 125g (4 ounces) mozzarella slices, sliced approx. 0.3cm to 0.6cm (1/8 to 1/4 inch) thick
- 60g (2 to 3 ounces) provolone slices, sliced approx. 0.3cm to 0.6cm (1/8 to 1/4 inch) thick

Equipment:

Saucepan, spatula, liquid measure, dry measures, small measuring spoons, electric mixer, large greased bowl, plastic wrap, deep-dish pizza pan

Instructions:***Dough Assembly:***

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Scald milk by heating it in a saucepan to 82 °C (180 °F). Stir constantly so milk does not burn.
4. Add butter, sugar and salt.
5. Allow milk mixture to cool to "warm."
6. Add yeast and mix thoroughly.
7. In a heavy duty mixer, add milk mixture.
8. Slowly add flour until the dough pulls away from the side of the bowl and forms a ball.
9. Remove the dough from the mixer and knead dough for 5 to 10 minutes.
10. Cover and allow the dough to rise for 2 hours.
11. Punch down the dough. Knead briefly and allow to rise an additional two hours until approximately doubled in size.

Sauce Assembly:

1. Add all sauce ingredients to a saucepan.
2. Simmer the sauce for half an hour, stirring frequently.

Pizza Assembly:

1. Preheat oven to 220°C (425°F).
2. Grease a 25cm (10 inch) deep-dish pizza pan.
3. Roll the crust to fit the pan. The edges should come to the top of the pan.
4. Layer the bottom of the crust with the sliced cheese.
5. Spread 1/3 of the sauce on the cheese.
6. Mix the grated cheeses together in a bowl.
7. Spread half of the grated cheese mixture on top of the sauce.

8. Spread 1/3 of the sauce on the grated cheese.
9. Spread the other half of the grated cheese mixture on top of the sauce.
10. Spread the remainder of the sauce on the top (make sure to end with the sauce on top – if the cheese is on top, it will overcook).
11. Bake for 45 minutes.

PENNSYLVANIA-STYLE PIZZA SAUCE

Yield: approx. 625mL (2 1/2 cups) **enough for 3 – 30cm (12 inch) pizzas

Time: 50 minutes plus cooling time

Ingredients:

- 1 – 355mL can, tomato paste
- 375mL (1 ½ cups) water
- 5mL (1 tsp.) ground oregano
- 2mL (½ tsp.) basil
- 1mL (¼ tsp.) salt
- 1mL (¼ tsp.) black pepper
- 1mL (¼ tsp.) sugar
- 0.5mL (1/8 tsp.) garlic powder
- 0.5mL (1/8 tsp.) onion powder

Equipment:

Small bowl, small measuring spoons, liquid measures, medium-sized saucepan, mixing spoon, spatula, airtight container

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Measure dry ingredients into a small bowl. Mix together well and set aside.
4. In a medium-sized saucepan, combine tomato paste with water over medium heat until it has a uniform consistency. When it begins to bubble, add pre-measured spices and reduce heat to medium-low.
5. Allow the mixture to simmer, uncovered, 35 to 40 minutes until it reaches desired thickness. Stir occasionally.
6. Cover and cool to room temperature.
7. Refrigerate in an airtight container until needed (up to four weeks).

BBQ CHICKEN PIZZA “SOUTHWESTERN”

A tangy pizza of grilled chicken and roasted red peppers sharp cheese.

Yield: 6 to 8 servings

Time: 60 minutes

Ingredients:

- 1 ball of pizza dough
- 30mL (2 tbsp.) olive oil
- 2 chicken breasts, skinned and cut into strips
- salt and black pepper to taste
- 5mL (1 tsp.) chili powder
- 5mL (1 tsp.) garlic powder
- 1 yellow onion, medium diced
- 1 red pepper, medium diced
- 250mL (1 cup) your favourite barbeque sauce
- 250mL (1 cup) sharp cheddar cheese, shredded
- guacamole, sour cream or pico de gallo

Equipment:

Cutting board, knife, large skillet, spatula, small measuring spoons, dry measuring cup, liquid measuring cup, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Skin and strip the chicken breasts and season with salt and black pepper.
4. Heat oil in large skillet over medium-high heat until hot.
5. Add chicken to hot oil. Saute, stirring for five minutes or until lightly browned (optional: grill chicken and roast pepper on a charcoal grill).
6. Stir in chili powder and garlic powder.
7. Add onions and red pepper.
8. Cook and stir an additional one minute or until vegetables are tender.

9. Preheat oven to 220°C (425°F).
10. Lightly oil a 30cm (12 inch) diameter pizza pan. Roll out the dough ball with a rolling pin into a 32.5cm to 35cm (13 to 14 inch) circle. Centre it on the baking pan and neatly trim or dimple crimp (flute) the edge of the crust.
11. Bake the dough for six to eight minutes or until very light golden.
12. Arrange the combined chicken topping evenly over the partially baked crust.
13. Drizzle the barbeque sauce over the chicken, then sprinkle with the cheese.
14. Return the pizza to the oven. Bake an additional 14 to 18 minutes or until crust is golden brown.
15. Serve individually portioned sides of guacamole, sour cream or pico de gallo.

CALIFORNIA PIZZA

Yield: 1 pizza

Time: 45 minutes plus rising time

Ingredients:

Dough:

- 250mL (1 cup) warm water (43oC (110oF))
- 22mL (4 1/2 tsp.) yeast (2 pkgs.)
- 875mL (3 ½ cups) unbleached flour
- 5mL (1 tsp.) coarse salt
- 5mL (1 tsp.) sugar
- 15mL (1 tbsp.) olive oil

Pesto:

- 250mL (1 cup) olive oil
- 500mL (2 cups) fresh basil leaves
- 2 cloves garlic, chopped
- 45mL (3 tbsp.) pine nuts
- 125mL (½ cup) freshly grated Parmesan cheese

Toppings:

- 1 onion, thinly sliced
- 1 sweet red pepper, seeded and sliced into strips
- 1 green pepper, seeded and sliced into strips
- 30mL (2 tbsp.) olive oil
- 15mL (1 tbsp.) water
- 225g (½ lb.) garlic and fennel sausage or sweet Italian sausage
- 3 ounces (¼ lb.) goat cheese
- 175mL (¾ cup – 10 oz.) mozzarella cheese, coarsely grated
- 30mL (2 tbsp.) freshly grated Parmesan cheese
- 30mL (2 tbsp.) cornmeal

Equipment:

Mixing bowls, fork, small measuring spoons, liquid measures, dry measures, damp cloth, blender, spatula, cheese grater, knife, cutting board, large skillet, rolling pin

Instructions:**Dough Assembly:**

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Dissolve yeast in water and set aside.
4. Mix flour, salt and sugar in a bowl.
5. Make a “well” in the centre and pour in yeast solution and olive oil.
6. Blend in the flour using a fork, working towards the outside of the well. As the dough becomes stiff, incorporate remaining flour by hand.
7. Gather into a ball and knead eight to ten minutes on a floured board.
8. Place in an oil-coated bowl. Cover with a damp cloth and let it rise in a warm, draft-free place until doubled in size (approximately two hours).

Pesto Assembly:

1. Combine all ingredients in a blender except cheese. Process but do not create a puree.
2. Stir in cheese.
3. Set aside.

Topping Assembly:

1. Saute onions and peppers in 15mL (1 tbsp.) of olive oil and water in a large skillet over medium heat. Stir frequently until peppers are soft. Drain and set aside.
2. Brown sausage, breaking into pieces as it cooks. Drain off excess fat. Chop coarsely and set aside.

Pizza Assembly:

1. Preheat oven to 200°C (400°F).
2. Spread remaining olive oil evenly over a 30cm (12 inch) pizza pan. Sprinkle with cornmeal.
3. Punch down pizza dough. Flatten it lightly with a rolling pin, turn and flatten with fingers. Place dough on pizza pan and spread to the edges with your fingertips.
4. Bake for five minutes.
5. Spread pesto sauce over dough. Crumble goat cheese evenly over pest. Add onions and peppers, sausage and cheeses. Bake ten minutes or until crust is golden brown.

WHITE PIZZA AUTHENTIC ITALIAN

Imagine a pizza without tomato sauce. It may be different than what you're used to, but it's still a great pizza all the same! This rich, creamy smooth white sauce recipe for pizza is a delightful change of pace. Try this buttery white sauce with your next shrimp, chicken or vegetable pizza.

Yield: 1 pizza

Time: 15 minutes

Ingredients:

Dough:

- 1175mL (4 $\frac{3}{4}$ cups) white flour
- 500mL (2 cups) warm water (41°C (105°F))
- 15mL (3 tsp.) dry yeast
- 5mL (1 tsp.) salt
- 15mL (1 tbsp.) olive oil
- extra olive oil
- kosher salt
- dried rosemary

White Sauce:

- 75mL (1/3 cup) flour
- 4mL ($\frac{3}{4}$ tsp.) salt
- $\frac{1}{2}$ mL (1/8 tsp.) black pepper
- $\frac{1}{2}$ mL (1/8 tsp.) paprika
- $\frac{1}{2}$ mL (1/8 tsp.) onion powder
- 500mL (2 cups) milk
- 15mL (1 tbsp.) sweet, lightly-salted butter
- 15mL (1 tbsp.) fresh garlic, finely minced

Equipment:

Small measuring spoons, liquid measures, sharp knife, cutting board, small mixing bowl, spoon OR food processor, rubber spatula,

Instructions:**Dough Assembly:**

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Dissolve yeast in the warm water. Stir and then let sit for 10 minutes.
4. Add yeast/water mixture to 750mL (3 cups) of the flour. Mix, adding regular salt and olive oil, a little at a time. Add the rest of the flour bit by bit until the dough “feels right.”
5. Turn the dough onto a floured board and knead, adding more flour if necessary to keep the dough from sticking to your fingers. Put the dough in a greased bowl and rotate to distribute the grease all over the dough. Let it rise until it doubles in size (approximately one hour).
6. Remove the dough, punch it down and roll it out onto the floured board to a thickness of 1cm to 1.25cm (3.8 inch to ½ inch). Make it any shape you desire.
7. Put the dough in a pan or on a cookie sheet. With a pastry brush, paint it liberally with additional olive oil.
8. Use your thumb and two fingers to make dimples over the entire surface. Sprinkle the Kosher sea salt and rosemary over the surface of the dough. Let it rise a little more.

Sauce Assembly:

1. In a saucepan, on low heat, melt the butter and slowly add the flour. Combine and stir constantly with a whip for three minutes.
2. Raise heat to medium. Add 125mL (½ cup) of milk, whipping until the sauce begins to cream. Add another 125mL (½ cup) of milk. Repeat a third time.
3. Add the last 125mL (½ cup) of milk, stirring until the sauce is bubbly (low boil) and creamy, about three minutes.
4. Add the remaining seasonings and cook a final two minutes or until the sauce reaches a rich, heavy, gravy-like consistency.

Don't walk away from the stove and let it burn – keep stirring!

5. Remove from heat.
6. Let the sauce cool to room temperature before saucing your pizza with it.

Pizza Assembly:

1. Preheat oven to 190°C (375°F).
2. Ladle white sauce onto the pizza dough.

3. Top with shrimp, chicken or vegetables.
4. Top with mozzarella cheese.
5. Bake for about 25 minutes.

EASY GLUTEN FREE PIZZA CRUST

Yield: 4 servings

Time: 20 minutes plus rising time

Ingredients:

- | | |
|------------------|-------------------------|
| • 500mL (2 cups) | gluten free flour blend |
| • 5mL (1 tsp.) | salt |
| • 250mL (1 cup) | warm water |
| • 5mL (1 tsp.) | active dry yeast |
| • 75mL (1/3 cup) | olive oil |

Equipment:

Small size bowl, mixer, dry measuring cups, small measuring spoons, liquid measure, pizza pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a small bowl, sprinkle active dry yeast on top of warm water. Set aside.
4. In a mixer with a paddle attachment, combine gluten free flour blend and salt until well mixed.
5. While mixing on low, pour in olive oil slowly until well mixed.
6. Gently stir water and yeast mixture until yeast is dissolved.
7. While mixing on low, pour water and yeast mixture into mixer until combined. Be careful not to overmix. The dough will form a soft ball.
8. Store for at least one hour in a warm place.
9. After the dough has risen, store in the refrigerator for up to three days or bake immediately.
10. To bake, preheat oven to 260°C (500°F).
11. Lightly coat pizza pan with olive oil and spread dough out with fingers. Round the edges of the crust spread to desired thickness.
12. Bake for five minutes, then add desired toppings and bake for an additional eight minutes or until desired topping doneness.

GLUTEN FREE PIZZA DOUGH

Yield: 4 small or 2 medium crusts Time: 30 minutes plus rising time

Ingredients:

- 2 large potatoes
- 75mL (1/3 cup) warm water 43°C (110°F)
- 10mL (2 tsp.) agave syrup or honey
- 11mL (2 ¼ tsp.) active dry yeast (1 pkg.)
- 250mL (1 cup) white rice flour
- 125mL (½ cup) tapioca starch
- kosher starch
- 1 large egg white
- 15mL (1 tbsp.) extra-virgin olive oil

Equipment:

Medium-size pot, fork, knife, ricer, small bowl, dry measuring cups, small measuring spoons, liquid measures, plastic wrap

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Cover the potatoes with water in a medium pot. Bring to a boil and cook until fork-tender (about 25 minutes). Remove.
4. Once the potatoes are cool enough to handle, remove the skin and work the potatoes through a ricer set over a large bowl. There should be about 500mL (2 cups) of potato. Set aside.
5. Stir together the warm water, agave and yeast in a measuring cup or small bowl. Let sit until a small layer of foam develops at the top (three to five minutes).
6. Add the potatoes, rice flour, tapioca starch and 4mL (¾ tsp.) of salt to the bowl of a stand mixer fitted with the paddle attachment.
7. Mix on medium speed until the mixture is combined and form a fine, crumbly meal.

8. Continuing to mix on medium, add the egg white and oil.
9. Slowly drizzle in the yeast mixture and mix until the dough comes together. It will be slightly tacky (sticky).
10. Cover the bowl tightly with plastic wrap and set in a warm place until the dough increases by half (about 1 ½ hours).
11. Form the dough into two or four balls, for small or medium pizzas.
12. Cook them as desired or wrap them well and freeze for up to one month. Thaw frozen dough at room temperature, then shape and cook.

THE BEST DAIRY FREE CAULIFLOWER PIZZA CRUST

Yield: 1 pizza

Time: 40 minutes

Ingredients:

- 1 medium sized head of cauliflower (should yield close to 750mL (3 cups))
- 1mL (¼ tsp.) kosher salt
- 2mL (½ tsp.) dried basil
- 2mL (½ tsp.) dried oregano
- 2mL (½ tsp.) garlic powder
- Few shakes crushed red pepper (optional)
- 30mL (2 tbsp.) almond meal
- 15mL (1 tbsp.) nutritional yeast (this could be omitted entirely if desired)
- 15mL (1 tbsp.) olive oil
- 1 egg
- nonstick cooking oil

Equipment:

Pizza stone (or baking sheet), cutting board, parchment paper, knife, food processor, microwave safe bowl with cover, clean tea towel, large mixing bowl, dry measuring cups, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Place a pizza stone in the oven (or baking sheet if you do not have a pizza stone).
4. Preheat oven to 230°C (450°F).
5. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil or brush the parchment with olive oil.
6. Wash and thoroughly dry a small head of cauliflower.
7. Cut off the florets (you don't need much stem).

8. Pulse in a food processor for about 30 seconds until you get powdery snow-like cauliflower.
9. Place the cauliflower in a microwave safe bowl and cover.
10. Microwave for four minutes.
11. Dump cooked cauliflower onto a clean tea towel and allow to cool.
12. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the water out of it. You want to squeeze as much water out as possible. This will ensure you get a chewy pizza-like crust instead of a crumbly mess.
13. Dump the cauliflower into a bowl.
14. Add the salt, basil, oregano, garlic powder, crushed red pepper (if using), almond meal, nutritional yeast (if using) and the olive oil.
15. Combine the mixture to incorporate all of the ingredients.
16. Add the egg and mix away again. Hands tend to work best.
17. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly so that it is nice and tightly formed together. Don't make it too thick or too thin.
18. Using a cutting board, slide the parchment paper onto your hot pizza stone or baking sheet in the oven.
19. Bake for about 12 minutes or until it starts to turn golden brown and the edges crisp up. Remove from oven.
20. Add your toppings (such as already cooked toppings like shredded meat or sautéed vegetables) and slide parchment paper with topped pizza back in the hot oven and cook for another five minutes until the toppings are warm.
21. Allow to cool for a minute or two.

10 MINUTE DAIRY-FREE PIZZA

(CHEESELESS)

Yield: 1 pizza

Time: 25 minutes

Ingredients:

- 1 homemade, gluten-free or dairy-free store bought dough
- tomato sauce
- sliced or diced black olives
- fresh or dried oregano (optional)
- crushed red pepper (optional)
- salami

Equipment:

Pizza pan, spatula, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 230°F (450°F).
4. If your pizza dough isn't cooked, pre-bake as needed.
5. Top pizza with tomato sauce.
6. Sprinkle olives, oregano and/or crushed red pepper (if desired).
7. Top generously with salami. Be sure to overlap the pieces as they will shrink during cooking.
8. Bake for five to seven minutes or until the crust is golden and the salami begins to sizzle. If desired, broil for a couple of minutes to crisp up the salami.

ALLERGY SAFE PIZZA & FOCACCIA DOUGH

This focaccia or pizza dough can be served to anyone as it's free from all "big eight" allergens plus seeds, corn, sesame, gluten and most other common allergens.

Yield: 1 large or 2 medium focaccia bread or 2 medium pizzas

Time: 60 minutes plus rising time

Ingredients:

Crust:

- 11mL (2 1/4 tsp.) dry yeast (1 pkg.)
- 125mL (1/2 cup) lukewarm water
- 60mL (1/4 tsp.) amaranth flour
- 925mL (3 3/4 cups) white rice flour
- 7mL (1 1/2 tsp.) kosher salt
- 10mL (2 tsp.) egg replacer
- 1 gelatin package
- 2mL (1/2 tsp.) xanthan gum or guar gum (optional)
- 15mL (1 tbsp.) mixed dried or finely chopped fresh oregano (optional)
- 175mL (3/4 cup) cold water, plus more as needed
- 60mL (1/4 cup) olive oil, plus more as needed

Focaccia:

- olive oil
- salt
- toppings such as sautéed vegetables, cheese, meats, herbs, tomato sauce

OR

Pizza:

- pizza sauce
- choice of toppings

Equipment:

Large mixing bowl, whisk, dry measuring cups, small measuring spoons, liquid measures, pizza pans

Instructions:***Crust Assembly:***

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix together yeast, lukewarm water and amaranth flour.
4. Allow mixture to sit until bubbly (about 30 to 45 minutes).
5. In a large bowl, whisk together the rice flour, salt, egg replacer, gelatin. Xanthan gum (if using) and oregano (if using).
6. Using your hands or the dough hook of an electric mixer, work in the amaranth-yeast mixture, the additional water and the olive oil.
7. Knead all ingredients until thoroughly mixed.
8. If more liquid is needed, add water and oil at a 3:1 ratio, adding 15mL (1 tbsp.) at a time, until the mixture starts to pull away from the sides of the mixing bowl or until the hand-kneaded dough is just soft and sticky.
9. Put the dough in a covered bowl in a warm place. Let it rise for two hours or until doubled in size.
10. The dough is now ready to bake or freeze.

Focaccia Assembly:

1. Preheat oven to 230°C (450°F).
2. Flatten out dough onto a greased 38cm (15 ½ inch) rimmed baking pan (or use two 30cm (12 inch) pans).
3. Top the dough with a little oil and salt.
4. If you wish, add your choice of toppings.
5. Bake for 25 minutes or until the sides are starting to brown. Note, this dough does not brown as much as traditional dough.

Pizza Assembly:

1. Preheat oven to 260°C (500°F).
2. Divide dough into two equal sized balls and flatten the balls into disks.
3. Gently stretch out.

4. Top with your choice of toppings.
5. Cook on baking stones until crust is browned (about ten minutes).

NOTE:

This recipe contains no corn ingredients as long as the optional xanthan gum is omitted.

NO DOUGH PIZZA

Gluten free, low carb and diabetic friendly!

Yield: 1 – 30cm (12 inch) pizza

Time: 40 minutes

Ingredients:

Base:

- 1 package cream cheese, room temperature
- 2 eggs
- 1mL (¼ tsp.) ground black pepper
- 5mL (1 tsp.) garlic powder
- 60mL (¼ cup) Parmesan cheese, grated

Topping:

- 125mL (½ cup) pizza sauce
- 375mL (1 ½ cups) mozzarella cheese, shredded
- toppings – pepperoni, ham, sausage, mushrooms, peppers
- garlic powder

Equipment:

22.5cm x 32.5cm (9 x 13 inch) baking dish, large mixing bowl, handheld mixer, dry measuring cups, small measuring spoons, cheese grater, spatula, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 180°C (350°F).
4. Lightly spray a 22.5cm x 32.5cm (9 x 13 inch) baking dish with cooking spray.
5. With a handheld mixer, mix cream cheese, eggs, pepper, garlic powder and parmesan cheese until combined.
6. Spread into the baking dish.
7. Bake for 12 to 15 minutes or until golden brown.

8. Allow crust to cool for ten minutes.
9. Spread pizza sauce on crust.
10. Top with cheese and toppings.
11. Sprinkle pizza with garlic powder.
12. Bake 8 to 10 minutes until cheese is melted.

QUICK BREAKFAST PIZZA

Diabetic friendly!

Yield: 1 serving

Time: 30 minutes

Ingredients:

- 1 deli flat 7-grain thin roll, split
- nonstick cooking spray
- 4 slices turkey pepperoni, quartered
- 30mL (2 tbsp.) green sweet pepper, diced
- 30mL (2 tbsp.) mushrooms, sliced
- 2 egg whites
- 30mL (2 tbsp.) milk
- 10mL (2 tsp.) pizza sauce
- 1 slice mozzarella cheese, cut diagonally into quarters
- 4 slices Roma tomato (optional)

Equipment:

Nonstick saucepan, small bowl, whisk, spatula, small measuring spoons, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Coat a small nonstick saucepan with cooking spray.
4. Heat over medium heat.
5. Sprinkle pepperoni, sweet pepper and mushrooms into the saucepan.
6. Cook for two minutes.
7. In a small bowl, whisk together egg whites and milk.
8. Pour over pepperoni mixture in saucepan. Cook until egg white mixture begins to set.
9. Using a spatula, fold the partially cooked egg white mixture over.

10. Cook about two minutes more or until it is cooked through.
11. Meanwhile, toast the deli flat halves. Place the cut sides down.
12. While still warm, spread each half with 5mL (1 tsp.) of the pizza sauce.
13. Place two of the cheese quarters on each half.
14. Spoon half of the egg mixture over each of the prepared deli flat halves.
15. If desired, top with tomato.

PIZZA LETTUCE CUPS

Diabetic friendly!

Yield: 4 servings

Time: 20 minutes

Ingredients:

- 310mL (1 ¼ cups) cherry tomatoes or grape tomatoes, quartered
- 175mL (3/4 cup) reduced fat mozzarella cheese, shredded
- 60mL (¼ cup) cooked turkey pepperoni, thinly sliced
- 60mL (¼ cup) snipped fresh basil
- 15mL (1 tbsp.) snipped fresh oregano
- 8 large bibb lettuce leaves

Equipment:

Medium size bowl, mixing spoon, dry measuring cups, small measuring spoons, cutting board, knife, cheese grater

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a medium bowl, combine tomatoes, cheese, pepperoni, basil and oregano.
4. Divide mixture among lettuce leaves.
5. Roll up or leave open as cups.

CHICKEN TACO PIZZAS

Diabetic friendly!

Yield: 4 servings

Time: 20 minutes

Ingredients:

- 2 whole wheat pita bread rounds, split horizontally
- 5mL (1 tsp.) olive oil or canola oil
- 284g no salt added chunk chicken breast, drained
- 60mL (¼ cup) salsa
- 250mL (1 cup) reduced fat Monterey Jack and/or cheddar cheese, shredded
- 375mL (1 ½ cups) lettuce, shredded
- 150mL (2/3 cup) grape tomatoes, halved or chopped tomato
- 60mL (¼ cup) light sour cream
- 5 to 10mL (1 to 2 tsp.) milk

Equipment:

Baking sheet, pastry brush, dry measuring cups, small measuring spoons, cheese grater, cutting board, knife, small bowl, mixing spoon, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 220°C (425°F).
4. Place pita bread pieces, cut side up, on an ungreased baking sheet.
5. Lightly brush cut sides of each piece with oil.
6. Bake for about four minutes or until lightly browned and crisp.
7. In a small bowl, stir together drained chicken and salsa.
8. Evenly spoon chicken mixture over pita bread pieces.
9. Sprinkle with cheese.
10. Bake about five minutes more or until chicken is heated through and cheese

melts.

11. In a small bowl, stir together light sour cream and milk.
12. To serve, top with lettuce and grape tomatoes.
13. Drizzle with sour cream mixture.

TACO PIZZA

Diabetic friendly!

Yield: 8 servings

Time: 40 minutes

Ingredients:

Base:

- 1 whole wheat pizza dough
- 340g (12 ounces) lean ground beef
- 125mL (½ cup) onion, chopped
- 125mL (½ cup) salsa
- 375mL (1 ½ cups) chopped tomatoes
- 125mL (½ cup) reduced fat cheddar cheese, shredded
- 125-250mL (½ to 1 cup) shredded lettuce and/or spinach
- 250mL (1 cup) baked tortilla chips, coarsely crushed
- 60mL (¼ cup) light sour cream

Equipment:

Pizza pan, fork, large skillet, spatula, dry measuring cups, cheese grater, cutting board, knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 220°C (425°F).
4. Lightly coat a 30 to 35cm (12 to 13 inch) pizza pan with cooking spray.
5. Pat dough evenly into prepared pan, building up edges slightly. If dough is hard to pat out, allow to rest for 10 minutes.
6. Prick crust all over with a fork.
7. Bake for 12 minutes.
8. Meanwhile, in a large skillet cook the ground beef and onion until meat is brown and onion is tender, stirring to break up meat as it cooks.

9. Drain off fat.
10. Stir in salsa.
11. Top partially baked crust with meat mixture.
12. Bake for 5 minutes more.
13. Sprinkle with tomatoes and cheese.
14. Bake for 2 to 3 minutes more or until cheese melts.
15. To serve, top with lettuce and tortilla chips. Serve with sour cream.

ARUGULA BLT PIZZAS

Diabetic friendly!

Yield: 4 servings

Time: 15 minutes

Ingredients:

- 2 whole grain English muffins, split and toasted
- 60mL (¼ cup) marinara sauce
- 125mL (½ cup) arugula leaves
- 60mL (½ cup) seeded tomato, chopped
- 1 slice of turkey bacon, crisp-cooked and chopped
- 125mL (½ cup) partly-skimmed mozzarella cheese, shredded

Equipment:

Cutting board, knife, dry measures, spatula, skillet, cheese grater, baking sheet

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat broiler.
4. Spread marinara sauce evenly over English muffin halves.
5. Top with arugula, tomatoes and bacon.
6. Sprinkle with cheese.
7. Broil 7.5cm to 10 cm (3 to 4 inches) from the heat for one to two minutes or until cheese is melted.

PERFECT GARLIC BREAD FROM SCRATCH

Yield: 6 servings (1 loaf)

Time: 2 hours

Ingredients:

Bread:

- 625mL (2 ½ cups) flour
- 5mL (1 tsp.) salt
- 250mL (1 cup) warm water
- 7mL (½ tbsp.) instant yeast
- 7mL (½ tbsp.) sugar
- 15mL (1 tbsp.) oil
- oil and cornmeal (for coating the cookie sheet)

Garlic Butter:

- 60-75mL (1/4 to 1/3 cup) butter, room temperature
- 2mL (½ tsp.) dill
- 6 garlic cloves, minced
- 2mL (½ tsp.) salt
- 2mL (½ tsp.) fresh black pepper

Equipment:

Medium size bowl, cookie sheet, dry measuring cups, liquid measures, small measuring spoons, rubber spatula, sharp knife, butter knife

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix the yeast and sugar in a measuring cup. Add the warm water and stir together. Let sit for five minutes.
4. Mix 500mL (2 cups) flour and salt in a medium sized bowl. Add yeast mixture and stir until a soft dough forms.
5. Knead until dough is smooth and elastic, adding more flour if needed. Add small amounts of flour at a time to make sure the dough doesn't become dry. The

dough should be slightly sticky.

6. Rinse out the bowl and swirl the oil around in it. Put the dough back in it and turn it over so the dough ball is coated.
7. Cover the bowl and place in a warm (not hot) oven to rise.
8. Once the dough has doubled in size, punch it down and form into a long thin loaf.
9. Spread oil on a cookie sheet. Sprinkle the cookie sheet with cornmeal.
10. Place the loaf on the cookie sheet. Slash it diagonally with a sharp knife 3 or 4 times.
11. Place it back in the oven again until it's doubled again in size.
12. Take the loaf out of the oven and turn the oven on to 190°C (375°F).
13. When the oven is warmed up, place the loaf in the oven to bake until it is nicely golden on top.
14. Let it cool until the loaf is just warm to touch.
15. Increase the temperature of the oven to 200°C (400°F).
16. In the meantime, mix all of the garlic butter ingredients in a medium size bowl.
17. Slice the loaf vertically into 1.8 to 2.5cm (3/4 to 1 inch) slices, leaving the bottom crust intact.
18. Carefully pull slices apart so you can spread the butter on each side of each slice without breaking them apart.
19. Wrap loosely but completely in tinfoil.
20. Bake for 10 to 15 minutes.
21. Serve immediately.

EASY GARLIC BREAD

Yield: 4 servings

Time: 10 minutes

Ingredients:

- 1 loaf crust bread, split
- 4 cloves of garlic, crushed
- 30mL (2 tbsp.) butter
- 30mL (2 tbsp.) extra-virgin olive oil
- 45mL (3 tbsp.) Parmesan or Romano cheese, grated (optional)
- chopped fresh parsley

Equipment:

Microwave safe bowl (or small saucepan, small measuring spoons, baking sheet, pastry brush, spatula)

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Combine garlic, butter and oil in a microwave safe dish or in a small saucepan.
4. Heat garlic, butter and oil in microwave for one minute or in a small pot over moderate-low heat for three minutes.
5. Toast split bread under the broiler. Remove bread when it is toasted golden brown in colour.
6. Brush bread liberally with garlic oil.
7. Sprinkle with cheese, if using, and parsley.
8. If you added cheese, return to the broiler and brown for 30 seconds.
9. Cut into chunks and serve.

CHEESY GARLIC BREADSTICKS

Soft and fluffy garlic infused breadsticks covered in melted cheese!

Yield: 14 breadsticks

Time: 2 hours

Ingredients:

Dough:

- 11mL (2 ¼ tsp.) yeast (1 pkg.)
- 325mL (1 1/3 cups) warm water
- 825mL (3 ½ cups) unbleached all-purpose flour, plus more as needed
- 30mL (2 tbsp.) olive oil
- 4mL (¾ tsp.) salt
- 15mL (1 tbsp.) granulated sugar

Roasted Garlic

- 1 small head of garlic
- 10mL (2 tsp.) olive oil
- salt and pepper to taste

Toppings:

- 1 small head of garlic, roasted
- ground pepper and sea salt, to taste
- 60mL (¼ cup) unsalted butter, melted
- 125mL (½ cup) grated parmesan cheese
- 125mL (½ cup) mozzarella cheese, shredded
- 125mL (½ cup) cheddar cheese, shredded

Equipment:

Cake pan, sharp knife, tinfoil, dry measuring cups, liquid measures, small measuring spoons, large mixing bowl, small bowls (3), rubber spatula, baking sheet, parchment paper (or silicone mat), cheese grater

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.

Roasted Garlic:

1. Preheat oven to 190°C (375°F).
2. To roast the garlic head, use a sharp knife and slice off the top of the garlic head to expose the cloves inside.
3. Pour 10mL (2 tsp.) olive oil in a round or square cake pan and swirl it around.
4. Place the garlic head in the pan, exposed side up.
5. Sprinkle the garlic heads with a little salt and pepper.
6. Drizzle 5ml (1 tsp.) of olive oil on top. You want them to have a nice coating of oil so they don't burn easily.
7. Cover the pan with aluminum foil and roast in the preheated oven for 40 minutes.

Dough Assembly:

1. In a large mixing bowl, combine the yeast and warm water.
2. Stir it around and let it sit for 5 minutes or until the yeast is foamy and dissolved.
3. Add flour, olive oil, salt and sugar.
4. Mix by hand.
5. Once all of the ingredients are mixed, knead for 7 minutes by hand. If your dough is too wet, add up to 60mL (¼ cup) more flour.
6. After kneading, the dough should be smooth and elastic. Shape the dough into a ball and place in a large mixing bowl that has been coated lightly with olive oil. Turn the dough over to coat all sides.
7. Cover tightly with plastic wrap and allow to rise in a warm spot until the dough has doubled in size.
8. Punch the dough down to release the air. Divide the dough into two.
9. Roll each half into a ball and let rest in two separate bowls lightly covered for 10 minutes.

Breadstick Assembly:

1. Preheat oven to 190°C (375°F).
2. Line two baking sheets with parchment paper or silicone baking mats. Set aside.

3. Chop up the roasted garlic and combine it with the melted butter in a small bowl. Set aside.
4. Roll each ball of dough out into a 17.5cm x 25cm (7 x 10 inch) rectangle on a lightly floured surface or on your silicone baking mat.
5. Top each dough rectangle with melted butter/roasted garlic mixture.
6. Top with parmesan cheese.
7. Using a very sharp knife or pizza cutter, cut rectangles into long strips about 3.5cm (1 ½ inches) in width.
8. Twist each strip up and top with a little more parmesan cheese if desired.
9. Place seven breadsticks per baking sheet.
10. Bake for 16 to 17 minutes.
11. Remove from the oven and push the 7 breadsticks together so they're all touching.
12. Top with 125mL (½ cup) shredded cheese.
13. Return to the oven for about 4 to 5 more minutes .
14. Repeat with the remaining 7 breadsticks.

BREAD PIZZA

This recipe also appears in the 4-H Ontario Breadventure Recipe Book.

Wonderful pizza flavours are created in a new form. A great party food!

Yield: 6 servings

Time: 30 minutes rising time; 25 minutes baking time

Ingredients:

Dough:

- 625mL (2 ½ cups) all-purpose flour
- 11mL (2 ¼ tsp.) quick rise yeast (1 pkg.)
- 15mL (1 tbsp.) granulated sugar
- 5mL (1 tsp.) salt
- 250mL (1 cup) water (first amount)
- 15mL (1 tbsp.) olive oil

Sauce & pizza toppings:

- 150mL (2/3 cup) tomato sauce
- 2mL (½ tsp.) oregano
- 2mL (½ tsp.) basil
- favourite pizza toppings of choice: pepperoni, ham, green peppers, ground beef, mushrooms
- 250mL (1 cup) mozzarella cheese, shredded
- 1 egg white
- 15mL (1 tbsp.) water (second amount)
- shortening

Equipment:

Small saucepan (or microwave safe bowl), dry measuring cups, liquid measures, small measuring spoons, mixing bowl, thermometer, wooden spoon, rubber spatula, sharp knife, fork, pastry brush, baking sheet, wax paper

Instructions:

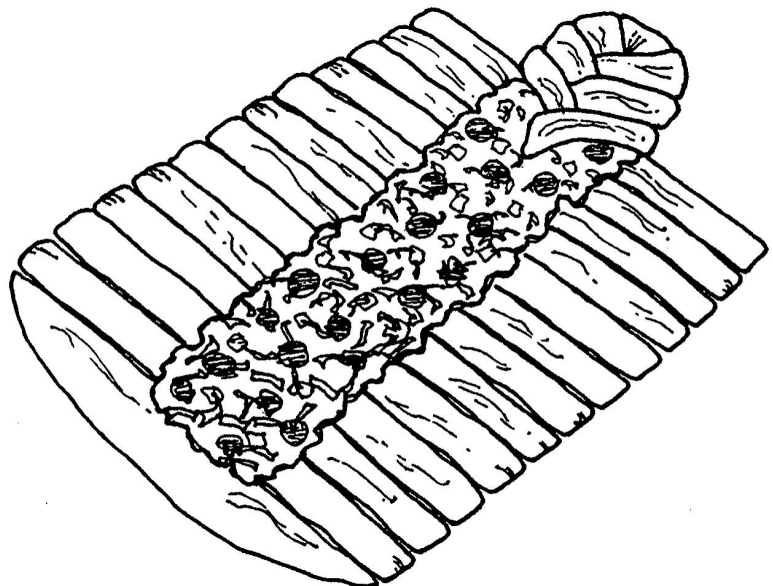
Dough Assembly:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.

3. Measure 250mL (1 cup) of the flour and set aside.
4. Combine remaining flour, yeast, sugar and salt in a large mixing bowl.
5. Heat water (first amount) and olive oil until hot (50-55°C) in a small saucepan on top of the stove or for 2 to 3 minutes at 100% power in a microwave oven.
6. Stir hot liquids into dry ingredients. Stir well.
7. Mix in enough reserved flour to make a soft dough that does not stick to the sides of the bowl. Turn dough out onto a lightly floured kneading surface.
8. Knead for 2 to 3 minutes. Cover dough by turning mixing bowl upside down over the dough. Let rest 10 minutes.
9. Grease baking sheet with shortening. Place sheet on a damp cloth on the counter.
10. Roll or pat dough on baking sheet to a rectangle about 35 x 25cm (14 inches x 10 inches).

Pizza Bread Assembly:

1. Mark dough gently into thirds.
2. Spread tomato sauce on centre third of dough. Sprinkle on oregano and basil. Top with favourite pizza toppings, finishing with mozzarella cheese.
3. Cut 2.5cm strips along the sides of the filling out to the edge of the dough.
4. Fold two end pieces of dough in over filling. Fold strips of dough across filling in a criss-cross fashion.
5. Cover dough with greased wax paper and place in a warm place to rise. Let rise for 30 minutes.
6. Preheat oven to 200°C (400°F).
7. Beat egg white and water (second amount). (Store egg yolk, covered with water in refrigerator for later use). Brush over dough using pastry brush.
8. Bake for 25 minutes. Serve hot. Refrigerate any leftovers. Tastes good reheated.



ITALIAN SAUSAGE PIZZA ROLL BREAD

Yield: 6 servings

Time: 30 minutes plus rising time;
45 minutes baking time

Ingredients:

Dough:

- 1000mL (4 cups) flour
- 5mL (1 tsp.) salt
- 11mL (2 1/4 tsp.) dry yeast (1 pkg.)
- 325mL (1 1/3 cup) warm water
- 20mL (2 tbsp.) oil
- 15mL (1 tbsp.) sugar

Filling:

- 675g (1 1/2 lb.) sweet Italian sausage
- 354mL (12 ounce) can, tomato paste
- 45mL (3 tbsp.) onion, minced
- 10mL (2 tsp.) garlic, minced
- 10mL (2 tsp.) oregano
- 150mL (2/3 cup) Romano cheese, grated
- 375mL (1 1/2 cup) mozzarella cheese, shredded
- 30mL (2 tbsp.) olive oil

Equipment:

Large bowls, dry measuring cups, liquid measures, small measuring spoons, mixing spoon, spatula, frying pan, wooden spoon, cheese grater, baking sheet

Instructions:

Dough Assembly:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Mix flour and salt in a large bowl.

4. Make a well in the centre and add yeast, water, oil and sugar.
5. Let stand five minutes until yeasts dissolves and is foamy.
6. Beat with a spoon to make soft dough.
7. Knead on a floured surface until smooth and elastic, adding more flour as needed.
8. Place in a greased bowl. Cover and let rise until it doubles in size.

Filling Assembly:

1. Preheat oven to 200°C (400°F).
2. Crumble sausage and cook over medium high heat to break up meat. Drain off fat.
3. Stir in paste, onion and seasonings. Remove from heat and let cool.
4. Punch down dough and divide in half. Roll each piece into a 22.5cm x 35cm (9 x 14 inch) rectangle.
5. Spread half of the filling over one of the rectangles, spreading the sauce to within 1.25cm (1/2 inch) of the sides.
6. Top with half of the cheeses. Drizzle with oil.
7. Roll up tightly from one long side. Pinch edges and tuck under to seal.
8. Place on a large baking sheet, seam side down.
9. Repeat Steps #4 to #7 with the second rectangle of dough. Leave 5cm (2 inches) between each roll on the baking sheet.
10. Bend each roll into a crescent shape.
11. Bake for 45 minutes or until golden.
12. Cool 30 minutes before cutting. Serve warm or at room temperature.

BUFFALO CHICKEN PIZZA STICKS

These pizza sticks are absolutely perfect for parties or a fun dinner and they are fast to make!

Yield: 6 servings

Time: 35 minutes

Ingredients:

- 1 can refrigerated pizza dough
- 175mL (3/4 cup) buffalo wing sauce (make sure it's 'wing sauce' and not 'hot sauce')
- 500mL (2 cups) cooked chicken, shredded
- 250mL (1 cup) cheddar cheese, shredded
- 250mL (1 cup) mozzarella cheese, shredded
- 2 green onions, thinly sliced

Equipment:

Baking sheet, medium saucepan, spatula, cutting board, knife, cheese grater, dry measuring cup, liquid measure

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 200°C (400°F).
4. Spray a baking sheet (that has sides) with cooking spray.
5. Form the pizza dough into a 37.5cm x 25cm (15 x 10 inch) rectangle (it doesn't have to be exact – just close).
6. Place dough onto the baking sheet.
7. Bake for 8 minutes.
8. While the pizza crust bakes, add buffalo wing sauce and shredded chicken to a medium saucepan over medium heat.
9. Cook, stirring occasionally for 3 to 5 minutes or until thoroughly heated.
10. Evenly spread the buffalo chicken over the baked pizza crust.
11. Scatter the cheddar cheese, mozzarella cheese and half of the sliced green onions on top.

12. Bake the pizza for 6 to 10 minutes until the cheese has melted and starts to bubble.
13. Remove the pizza from the oven and scatter the remaining sliced green onions on top.
14. Serve immediately.

PIZZA PINWHEELS

A tasty little treat, these pizza snacks work well as an appetizer or as a compliment to a pizza meal. Try experimenting with different types of cheeses to change up the flavour.

Yield: 8 servings

Time: 30 minutes



Ingredients:

- 1 can refrigerated crescent roll dough
- 500mL (2 cups) mozzarella cheese, shredded
- 24 pepperoni slices
- 414mL (14 ounce) can of pizza sauce

Equipment:

Cutting board, cheese grater, dry measuring cup, knife, baking sheet

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to 190°C (375°F).
4. On a large cutting board, pinch the eight crescent roll dough triangles into four rectangles.
5. Layer each rectangle with six slices of pepperoni and even amounts of shredded mozzarella cheese.
6. Roll tightly lengthwise and slice each into four or more pieces.
7. Place pieces on a baking sheet.
8. Bake in the preheated oven until golden brown (about 12 minutes).
9. Serve with pizza sauce for dipping.

PIZZA PULL APART BREAD



Yield: 8-12 servings

Time: 50 minutes

Ingredients:

- 2 cans of pizza dough or biscuits
- 500mL (2 cups) mozzarella cheese, shredded (or your favourite cheese)
- 30mL (2 tbsp.) Italian seasoning or parsley flakes
- 75mL (1/3 cup) olive oil
- 225g (8 ounces) pepperoni
- 250mL (1 cup) Parmesan cheese
- 2mL (1/2 tsp.) fresh garlic or garlic powder (optional)

Equipment:

Cutting board, knife, cheese grater, dry measuring cups, small measuring spoons, mixing bowl, bundt pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat the oven to 180°C (350°F).
4. Cut the pizza dough or biscuits into quarters.
5. Cut the pepperoni into smaller pieces.
6. Mix all of the ingredients in a bowl and toss so that the oil is spread evenly on

each piece of dough.

7. Place mixture in a greased bundt pan.
8. Bake for approximately 30 minutes (or until the top is brown and the centre is thoroughly cooked).

TIP: Be sure to check it in the middle before you pull it out. If the middle is still not cooked thoroughly, be sure to leave it in for another five minutes at a time until it's done.

9. Flip over onto a plate while it's still hot.
10. Serve with a side sauce.

PIZZA MONKEY BREAD



Yield: 8-12 servings

Time: 50 minutes

Ingredients:

- 1 can of refrigerated biscuit dough (or a batch of your favourite biscuit dough)
- 125mL ($\frac{1}{2}$ cup) sliced pepperoni
- 75mL (5 tbsp.) pizza sauce (can be adjusted to suit tastes)
- 125mL ($\frac{1}{2}$ cup) mozzarella cheese, shredded
- 60mL ($\frac{1}{4}$ cup) butter, melted (optional: add garlic)

Equipment:

Cutting board, knife, cheese grater, dry measuring cups, small measuring spoons, bundt pan

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat the oven to 180°C (350°F).
4. Lightly grease your bundt pan and set aside.
5. Open the biscuit dough and cut each biscuit into four pieces (you can cut the pieces even small if you wish).
6. Set these on a plate and prepare your other ingredients.
7. Since the bottom will become the top, start by layering some pepperoni into the bottom of the bundt pan.

8. Dip the biscuit pieces into your butter and start to layer your monkey bread into the greased pan.
9. Layer in pepperoni pieces, shredded cheese and sauce as you go, alternating with the biscuit pieces until you are out of ingredients.
10. Bake for 30 to 35 minutes, until the cheese and biscuits have reached your desired level of golden brown. If you use more sauce, it might take a little longer so you don't have soggy biscuits.
11. If you prefer, leave the sauce out of the actual bread and serve it on the side for dipping.
12. Peppers, olives, etc. could be added to the bread to change it up a bit.

PIZZA SOUP

Yield: 6 servings

Time: 30 minutes

Ingredients:

- 15mL (1 tbsp.) vegetable oil
- 1 small onion, chopped
- 125mL (½ cup) mushrooms, sliced
- 60mL (¼ cup) green pepper, chopped
- 1 – 828mL (28 oz.) can, tomatoes, un-drained
- 250mL (1 cup) beef stock
- 250mL (1 cup) pepperoni, thinly sliced
- 2mL (½ tsp.) dried basil
- 250mL (1 cup) mozzarella cheese, shredded

Equipment:

Saucepan, spatula, knife, cutting board, knife, cheese grater, ladle, oven ready soup bowls, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Preheat oven to broil.
4. In a saucepan heat oil on medium heat.
5. When the oil is warm, stir fry onions, mushrooms and green pepper until softened.
6. Add the rest of the ingredients except the cheese.
7. Ladle soup into oven ready bowls.
8. Sprinkle cheese on top of the soup.
9. Broil until cheese is bubbly (or microwave for 1 to 1 ½ minutes).

CAESAR SALAD

Yield: 8 to 10 servings

Time: 20 minutes

Ingredients:

- 1 head of romaine lettuce, washed and torn into bite-size pieces
- 75mL (1/3 cup) red onion, diced
- 6 strips of bacon, cooked & crumbled
- 75mL (1/3 cup) parmesan cheese, grated
- 250mL (1 cup) croutons
- 125-250mL (½ to 1 cup) Caesar salad dressing (to taste)

Equipment:

Skillet, paper towels, cutting board, knife, large mixing bowl, dry measures, serving bowl

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. Cook bacon in a skillet until it is crispy but not burnt.
4. Set cooked bacon on a paper towel to let grease from bacon soak in until bacon is cool.
5. Crumble the bacon.
6. In a large bowl mix romaine lettuce, red onion, bacon and parmesan cheese.
7. Right before serving, add in croutons and coat with Caesar dressing to taste.
8. Transfer salad into a serving bowl.

PIZZA SALAD

Yield: 6 servings

Time: 15 minutes

Ingredients:

- 1 head, iceberg lettuce, torn into bite-size pieces
- 225g (½ pound) salami, cut into strips
- 250mL (1 cup) mozzarella cheese, shredded
- 250mL (1 cup) cheddar cheese, shredded
- 1 tomato, chopped
- 125mL (½ cup) pitted black olives, halved
- 15mL (1 tbsp.) chopped fresh chives
- 237mL (8 ounces) tomato sauce
- 125mL (½ cup) vegetable oil
- 60mL (¼ cup) white wine vinegar
- 5mL (1 tsp.) white sugar
- 5mL (1 tsp.) salt
- 1mL (¼ tsp.) garlic powder
- 5mL (1 tsp.) dried oregano
- 0.5mL (1/8 tsp.) ground black pepper

Equipment:

Large bowl, cutting board, knife, cheese grater, medium bowl, whisk, spatula, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a large bowl, combine the lettuce, salami, mozzarella cheese, cheddar cheese, tomato, olives and chives. Mix well to combine.
4. Prepare the dressing by whisking together the tomato sauce, oil, vinegar, sugar, salt, garlic powder, oregano and pepper.
5. Pour enough dressing over the salad to coat.
6. Toss and serve.

PIZZA PASTA SALAD

Yield: 12 servings

Time: 30 minutes

Ingredients:

- 454g (6 ounces) small shell pasta
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 tomato, chopped
- 5 green onions, chopped
- 133mL (4.5 ounces) sliced mushrooms, drained
- 70g (2 ½ ounces) sliced pepperoni sausage
- 70mL (2 ½ ounces) black olives, drained
- 2 cloves garlic, minced
- 5mL (1 tsp.) dried oregano
- 2mL (½ tsp.) salt
- 1mL (¼ tsp.) ground black pepper
- 250mL (1 cup) Italian-style salad dressing
- 250mL (1 cup) mozzarella cheese, shredded
- 30mL (2 tbsp.) parmesan cheese, grated

Equipment:

Large stock pot, strainer, large bowl, cutting board, knife, cheese grater, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Wash your hands with soap and water. Dry your hands.
3. In a large pot of salted boiling water, cook pasta until al dente. Rinse under cold water and drain.
4. In a large bowl, combine the pasta, red bell pepper, green bell pepper, tomato, green onions, mushrooms, pepperoni, olives, garlic, oregano, salt and pepper.
5. Toss together and refrigerate until chilled.
6. Before serving, add dressing and cheese. Mix together well.

GOOEY PEPPERONI PIZZA DIP

Yield: 500mL (2 cups) 16 servings

Time: 30 minutes

Ingredients:

- 250g (8 ounces) cream cheese
- 125mL (½ cup) pizza sauce
- 125mL (½ cup) pepperoni slice, chopped
- 75mL (1/3 cup) red peppers, chopped
- 75mL (1/3 cup) green peppers, chopped
- 125mL (½ cup) cheese, shredded (your choice of cheese)
- your choice of crackers

Equipment:

Mixing bowl, spatula, electric mixer, 22.5cm (9 inch) pie plate, cutting board, knife, cheese grater, dry measures

Instructions:

- Read the recipe and understand what you will be doing.
- Wash your hands with soap and water. Dry your hands.
- Preheat oven to 180°C (350°F).
- Mix cream cheese and pizza sauce until well blended.
- Spread onto the bottom of a pie plate.
- Top with the pepperoni, peppers and cheese.
- Bake for 18 to 20 minutes or until dip is heated through and cheese is melted.
- Serve with crackers

Variation:

Hawaiian Pizza Dip – substitute ham and drained chopped pineapple for the pepperoni and peppers.