

# Pizzas

## Pesto, Cheese & Fresh Tomato Pizza

*Homemade pesto and fresh, ripe tomatoes from the garden make this a great summertime pizza.*

Makes two 12 - 14 inch pizzas or four 8 - 9 inch pizzas, to serve 6.

Preparation: 1 hour for the pizza dough - 20 minutes plus 12 minutes baking and resting time

12 ounces (340 g) .firm but ripe plum  
1/2 ounce (15 g) Reggiano Parmesan, cut in 1/2 inch (1.25 cm) cubes  
3 ounces (85 g) fresh mozzarella, well chilled  
2 ounces (55g) Italian Fontina cheese  
4 tablespoons (60 ml) pesto  
2 teaspoons (10 ml) extra virgin olive oil  
Cornmeal for dusting the peel or pan

Prepare the pizza dough and let rise. Position the top rack of the oven about 8 inches (20 cm) from the top. If using a baking stone, place it on the rack. Preheat the oven to 450°F. Bring 6 cups (1.5 L) of water to a boil in medium saucepan. Cut a shallow "x" in the bottom of each tomato. Blanch the tomatoes in the boiling water for 30 seconds, then immediately plunge them into a bowl of iced water. When cool, slip the skins off. Slice the stem end off each tomato; set aside. Insert the metal blade. With the machine running, drop the Parmesan cheese cubes down the small feed tube; process 15 seconds and leave in bowl. Insert the shredding disc and shred the mozzarella and fontina. Remove the cheese to a bowl; toss to combine, and reserve. Insert the slicing disc. Place the tomatoes in the small feed tube one at a time, and slice, using light pressure. Place the sliced tomatoes on a triple thick layer of paper towels to drain.

When the dough has risen, punch down and divide into 2 or 4 equal balls. Let rest 10 minutes. Roll the dough out to size. Place on a baker's peel that has been sprinkled with cornmeal. Brush the edges with the olive oil. Using an offset spatula, spread the pizza to 3/4 inch (1.9 cm) of the edges with the pesto sauce, using 3 tablespoons (45 ml) on each 14-inch pizza (35 cm) or 1 1/2 tablespoons (20 ml) on each 9-inch (22 cm) pizza. Divide the shredded cheeses evenly and sprinkle on the pizzas. Top with the drained sliced tomatoes.

Carefully slide the pizza onto the stone (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan in the hot oven. Bake the pizza for 5 minutes, then rotate it front to back for even baking. Bake for another 3 to 6 minutes until the pizza is bubbly, and the edges of the dough are golden brown, puffed and crispy. Remove from the oven and let rest on a rack for 2 to 3 minutes before slicing.

## Basic Pizza Dough

*With this dough, you can make large pizza crusts to serve several, or small ones to serve a few.*

1 package dry yeast  
1 tablespoons (15 ml) sugar  
 $\frac{2}{3}$  cup (150 ml) warm water  
 $1\frac{2}{3}$  cups (400 ml) all-purpose flour  
 $\frac{3}{4}$  teaspoons (3.75 ml) salt  
2 teaspoons (10 ml) olive oil  
 $1\frac{1}{2}$  tablespoons (25 ml) cornmeal for pan  
vegetable oil for pans

Stir yeast and sugar into warm water and let stand until foamy, about 10 minutes. Insert metal blade, put flour and salt in work bowl and turn on machine. Pour yeast mixture through feed tube and process about 45 seconds, until dough pulls away from sides of bowl. Add oil through feed tube and process 60 seconds longer. If dough sticks to sides of bowl, add more flour, 1 tablespoon (15 ml) at a time, processing 10 seconds after each addition, until dough leaves sides of bowl but remains soft.

Roll dough on floured surface into circle, rotating and turning dough often and using enough flour so it doesn't stick. If dough resists rolling, let it rest for a few minutes and try again. Roll dough into 15-inch (38 cm) circle pan or 14-inch (36 cm) pizza pan, or into 10-inch (25 cm) circle for use at 9-inch (23 cm) pizza pan.

Nutritional analysis per serving:

Calories 32 (12% from fat) • carb. 7g • pro. 1g • fat 0g •  
sat. fat 0g • chol. 0mg • sod. 74mg • calc. 2mg • fiber 0g