



Green for Go Local

Ingredients in **green** = locally grown or produced



Onion



Garlic



Tomato Purée



Whole Wheat Flour



Flax Flour

Handmade Pizza

By Jenny & Rosie

Yield: 48 Elementary School servings

Ingredients

For Sauce:

¼ cup (60 mL)
2 large
5 cups (1.25 L)

6 cloves
2 Tbsp (30 mL)
1 Tbsp (15 mL)
1 Tbsp (15 mL)
2 × (540 mL) can

Oil
Onions, finely chopped
Finely chopped vegetables or fruits (e.g. **mushrooms, carrots, zucchini, peppers** or **apples**)
Garlic, minced
Dried **oregano**
Sugar
Salt
Crushed tomatoes, or 1 L fresh or frozen (defrosted) **tomato purée**

For Dough:

9 cups (2.25 L)
3 Tbsp (45 mL)
2 Tbsp (30 mL)
⅓ cup (80 mL)
8 cups (2 lb / 1 kg)
10 cups (2.5 lb / 1.2 kg)

Warm water
Active dry or instant yeast
Salt
Oil, plus more for greasing pans
Unbleached all-purpose flour
Whole wheat flour

For Toppings:

12 cups (3 lb / 1.36 kg) Shredded mozzarella

Topping Ideas: Cooked **ground beef**, cooked lean **sausage**, diced baked **ham**, diced **sweet peppers**, sliced **mushrooms**, diced **onions**, sliced olives, diced **tomatoes**, diced **pineapple** or **apple**.

Directions

Note: Wash all produce well.

- To make the sauce**, heat the oil over medium heat in a heavy-bottomed pot. Add the onion, mushrooms, carrot, apple or zucchini and garlic and cook until well-softened and just beginning to brown, about 20 minutes.
- Add the sugar, salt and oregano and stir for another minute before adding the crushed tomatoes.
- Simmer for at least ten minutes, then cool slightly and blend smooth with an immersion blender (or carefully in a blender in small batches). The sauce can be made in advance; refrigerate tightly covered for a few days or freeze for longer storage.
- Meanwhile, **to make the dough**, sprinkle the yeast over the water in a large bowl. After 5 minutes, add the salt and flours. Stir with a large spoon or your hands for 2 minutes until the dough is smooth and flour is incorporated. The dough will be sticky. Drizzle with ¼ cup (60 mL) of oil.
- Cover the bowl and let the dough rise until doubled in volume, 45 minutes to an hour. Preheat the oven to 400°F (200°C).
- Pour 2-3 Tbsp (30-45 mL) oil onto the centre of 3 parchment-lined full sheet pans with sides. Use your hands to divide the dough in 3 equal parts without disturbing or kneading it. Ease dough onto the oiled centre. With oiled fingers, gently spread dough into a large oval. Let rest for 5 minutes, then evenly push the dough to fill the pan.

Directions continued on next page...



Equipment

- Large bowl
- Three full-size sheet pans (26" x 18"), or six half sheet pans (13" x 18")
- 2-3 qt (2-3 L) saucepan

Note from the Authors

"Make handmade pizza work for you! If the dough refuses to stretch when shaping your crusts, wait a few minutes and try again.

If you'd like to make your pizza dough the day before, reduce the yeast to 1 tablespoon. Place the dough in a large sealed plastic bag with plenty of room for rising. The next day, shape and bake as usual.

Pizza crusts may also be baked the day before serving. Follow steps 4-6, then bake at 400°F just until golden brown, about 10 minutes. The next day simply top and bake until the cheese is beginning to brown."

- Jenny & Rosie

7. Top each pizza crust with 2 cups of the sauce, desired toppings and 4 cups (1 lb) shredded mozzarella. Bake for 10 minutes, then rotate pans and bake for 5-10 minutes further, until the crust is browned and cheese is bubbling and beginning to brown. Cut into 16 slices per full sheet pan.*
8. If you need to hold the pizza for a short time, cut into serving pieces and place the pizzas in an insulated catering box or an oven set to 150°F. For longer holds, let cool on the counter for up to an hour, cut into serving pieces and reheat in a 400°F (200°C) oven for a few minutes just before serving.

*If you don't have full-size baking sheets, this could also be baked using six 13 x 18" baking sheets. Cut each into 8 pieces to serve.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Sweet peppers**
- ★ **Celery**
- ★ **Carrots**
- ★ **Tomatoes**
- ★ **Radishes**
- ★ **Cucumber**
- ★ **Sweet potatoes**
- ★ **Turnip**
- ★ **Fruit**
- ★ **Sauces: Honey, donair sauce**
- ★ **Mushrooms**
- ★ **Caesar salad: romaine, croutons, dressing, parmesan**
- ★ **Romaine lettuce** plain or tossed with ranch dressing (see Crispy Chicken and Wedges recipe) and **parmesan cheese**
- ★ **Romaine/kale/spinach mix**

Tips & Tricks

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium carrots about 3 ½ cups grated
- 1 lb (454 g) of mushrooms = about 4 ½ cups chopped
- 1 lb (454 g) of apples = 4-5 medium apples and yields 3 cups chopped
- 1 lb (454 g) of zucchini = about 3 medium and yields 4 cups grated
- 1 (540 mL) can of crushed tomatoes = 7-9 fresh medium tomatoes + 1 (156 mL) can tomato paste

Leftovers

Leftover pizza may be frozen; defrost and reheat in a 400°F (200°C) oven.

Veg It Up!

Add your choice of finely chopped vegetables to the pizza sauce, including any fresh or frozen leftovers you may have, for extra colour, fiber and flavour. Try serving veggie sticks or a Caesar salad with finely chopped kale or spinach for a green boost!

Make Ahead

Make a double batch of the pizza sauce and freeze half for your next pizza day.

Change it Up!

For Garlic Fingers, combine 1 cup (250 mL) butter or oil with 4 cloves minced garlic. Spread half over each pan of dough with your fingers or a spoon in Step 7. Top each with 6 cups (1.5 L) shredded mozzarella and bake as described.