

## Pizza

### **Crust:**

1 cup warm (110 degrees) water or milk  
4 cups whole wheat flour (divided)  
1 tsp. instant yeast  
3/4 cup milk or water (room temperature)  
2 tbs. olive oil  
1 tsp. salt

In a large bowl, mix warm milk, one cup flour and yeast. Mix in milk, olive oil, salt and another cup of flour; stir well to combine. Add another cup of flour and mix until dough holds together. Spread some flour on a clean counter and turn the dough out of the bowl onto the counter. Knead the dough by folding one end over the other, giving it a quarter turn and repeating. Add enough flour to keep the dough from sticking but do not make the dough too stiff or it will not rise. Knead the dough for about 3-5 minutes or until it is mostly smooth and stretches slightly when pulled. Put the dough back in the bowl, grease the top with a little oil to keep a crust from forming, place in a warm place and let rise for 2-3 hours or until noticeably larger in size. The dough does not have to be doubled to rise properly. After the first rising, grease a 14"-16" pizza pan with olive oil. Shape the dough to fill the pizza pan, building up a crust along the edges. Brush the dough with a small amount of olive oil. Spread pizza sauce (below) evenly over the crust. Sprinkle with 2 to 3 ½ cups mozzarella cheese, place toppings of your choice on top of the cheese, and place pizza in a cold oven and turn the temperature to 450°F. Bake until crust is brown and cheese is melted, 25 to 35 minutes. Let cool about five minutes before serving.

### **Sauce:**

1 pint (2 cups) canned tomatoes (preferably home-canned), drained  
1 teaspoon dried basil  
1 teaspoon dried oregano  
2 garlic cloves

### **Fresh Tomato "Sauce" in Summer:**

Arrange 2 cups fresh tomato slices on pizza. Drizzle with olive oil and sprinkle with 2 cloves fresh minced garlic, 2 teaspoons fresh basil and 2 teaspoons fresh oregano. This is my favorite in tomato season!

### **Topping ideas:**

Broccoli (fresh or dried)  
Spinach (fresh, dried or frozen)  
Pepperoni  
Italian sausage or hamburger, cooked and drained  
Pineapple (fresh or canned)

Ham  
Green bell peppers (fresh or dried)  
Anaheim chilies (fresh or dried)  
Onions  
Jalapeño peppers (fresh or dried)  
Mushrooms  
Zucchini  
Tomatoes

To make stuffed crust pizza:

Slice some mozzarella cheese in thin strips. When you roll out the crust dough, do not build up a crust around the edges. Instead, place sliced mozzarella around the edges, then roll the cheese into the crust.