



# Homemade Pizza

## Ingredients

### PIZZA DOUGH

- 1 tsp (5 ml) sugar
- 1 cup (250 ml) lukewarm water
- 1 tsp (5 ml) instant yeast
- ½ cup (125 ml) whole wheat flour
- 1½ cup (375 ml) all-purpose flour
- 1 tsp (5 ml) salt

### TOMATO SAUCE

- 1 tbsp (15 ml) vegetable oil
- ½ shallot, finely chopped
- 1 garlic clove, crushed
- ½ can (400 ml) crushed tomatoes
- 1 sprig of basil, stemmed and chopped
- 2 tsp (10 ml) sugar
- ¼ tsp (1 ml) salt
- Pepper, to taste

### GARNISH

- 2 vegetables (or more!) of your choice (bell peppers, zucchini, mushrooms, onions, spinach, etc.)
- 1½ cup (150 g) cheese of your choice (mozzarella, cheddar, Swiss, goat cheese, etc.)
- Other garnishes of your choice (shrimp, arugula, figs, etc.)

### YOU WILL NEED:

- set of measuring cups
- set of measuring spoons
- cutting boards
- knives
- 1 small and 1 medium bowl
- 1 clean cloth
- can opener
- medium saucepan
- wooden spoon
- cheese grater
- baking sheet
- spatula

## Preparation

- 1 Preheat oven to 425 °F.
- 2 Lightly sprinkle flour on a baking sheet. Set aside.

### PIZZA DOUGH

- 3 In a small bowl, dissolve sugar in lukewarm water and add yeast.
- 4 In a bowl, mix whole wheat and all-purpose flour and salt. Make a hole in the centre. Pour in water and mix with hands to form a ball.
- 5 Knead dough on a floured surface for at least 5 minutes, adding flour when dough sticks to the work surface.
- 6 Lightly oil a medium bowl and add dough. Cover with a clean cloth or plastic wrap and let stand for 20 minutes in a warm place (in an oven turned off with the light on, for example). The dough will not have time to double in volume, but it must rest a little, for better results.

### TOMATO SAUCE

- 7 Heat a medium saucepan over medium heat and add oil.
- 8 Sweat shallot and garlic for 3 to 5 minutes.
- 9 Add tomatoes, basil, sugar, salt and pepper to taste. Cover and simmer for 8 minutes. Remove garlic clove and let the sauce cool.

### GARNISH

- 10 Thinly slice vegetables or cut into small pieces.
- 11 Grate, crumble or cut cheese, depending on the variety.

### ASSEMBLING

- 12 When pizza dough has doubled in volume, knead and stretch the ball well by gently pressing it with fingertips, without piercing it. The thickness should be uniform, but the edge should be a little thicker. Place on baking sheet.
- 13 Top dough with tomato sauce, vegetables and cheese.
- 14 Bake in oven for 18 minutes or until golden brown underneath (gently lift corner of the pizza with spatula to check).
- 15 Transfer baked pizza to a cutting board and cut into squares.



**CHEF'S TIP:** Use the remaining cheese from the workshop to stuff your pizza crust and the remaining tomato sauce to dip the crust!

**DIETITIAN'S TIP:** Trade the classic pepperoni for pieces of meat, seafood, marinated tofu, etc. Top the pizza generously with seasonal vegetables. If you don't like your pizza with lots of vegetables, serve it with a good mixed salad that also includes legumes.