

Pizza Crust

mix together and set aside to proof (10 minutes)

1 Cup warm water

1 tablespoon dry yeast

2 tablespoons of sugar

Add

2 tablespoons of oil

1 teaspoon of salt

gentle mix then add

2 1/2 cups -3 cups flour

blend and kneed for 3-5 minutes

form into two balls and coats with flour.

Heres my trick don't add too much flour, but enough to stop the sticky texture.

You'll get tough dough. You can add flour when you roll it out.

Set aside and let it double in size. punch it down and roll out on a pastry board.

Makes two pizza crusts

Sauce

Mix together

1 small can Contadina tomato sauce

1 small can of Contadina tomato paste

1 round tablespoon of sugar

1 tablespoon of Oregano

1 teaspoon Basil

1 teaspoon parsley

1 teaspoon of garlic powder

1 teaspoon of Onion powder

Makes sauce for two pizzas

Pesto

whirl in Food Processor

1 bunch Fresh FLAT LEAF (Italian) Parsley Pick leaves off the stems

1 heaping Tablespoon of Walnuts

2 oz. Feta cheese (crumble before you add)

1 clove of chopped garlic

1 pinch of salt

Start blending then add olive oil. Enough to make the paste.

about 1/4 cup- 1/3 cup Olive Oil

Spread paste on the pizza crust. Then add-

sprinkle of fresh grated parmesan cheese,

1 oz. crumbled feta cheese

1-2 chopped Roma tomatoes,

1/2 lb. grated Mozzarella,

chopped red onions,sliced Portabella mushrooms, Quarter sized slices of Quorn

(a frozen meat substitute that is a mushroom product instead of soy or gluten)

Chopped yellow pepper,Top off with Emeril's Italian Essence