

# ITALIAN GOURMET YEAST PIZZA

## Dough

5 ml	sugar
150 ml	warm water
7 ml	yeast
15 ml	oil
5 ml	salt
325 ml	flour
4 ml	basil
2 ml	garlic plus
2 ml	italiano seasoning

## Sauce

80 ml	tomato sauce
60 ml	crushed tomato
1	clove garlic, minced
5 ml	sugar, parsley
2 ml	salt and italiano spice
1 ml	pepper
10 ml	parmesan (optional)
	fresh basil
	any herbs/spices of your choosing

## Topping Options

2	mushroom, sliced or diced
10	pieces of thinly sliced pepperoni
½	italian sausage
1/8	red onion, thinly sliced
1/6	green pepper, diced or sliced
25 mL	parmesan
325 ml	grated mozzarella cheese
Fresh herbs	basil or Italian parsley, finely minced

1. Preheat oven to 425 F. Put oven racks, one down from top and one up from the bottom.
2. Place the sugar in a **glass liquid measure**. Add the very warm water. Sprinkle on the yeast and stir once. **Let sit 5 min** until very foamy. Once it has foamed up pour the mixture into a **medium bowl** and add the oil and stir.
3. In a **small bowl** measure out the salt, flour and seasonings.

4. Using a wooden spoon stir in half of the flour mixture till well blended. Then add the rest of the flour and stir until all of the flour is absorbed.
5. Put a spoonful of extra flour on the counter and use your hands to finish kneading the dough on the counter, adding flour until it is smooth and not sticky but still soft.
6. Grease the same **small bowl** with a small amount of oil (10 mL) and let the dough sit in the bowl covered loosely on top of the warm stove, with a towel over top for **10 min to rest**.
7. Mix all sauce ingredients together in a small glass liquid measure.
8. Slice your pepperoni, grate your cheese and prep your vegetables.
9. In a small frypan heat up 10 ml of oil and cook up your Italian sausage and red onion slices. Set aside in a small bowl.
10. Pour your sauce ingredients into the frypan and cook for 3 mins. Taste test.
11. Put a small amount of flour on your counter. Take your dough and roll it out into a 10 inch circle. Lay the dough on top of the pizza pan and leave the edges flat or create a crust.
12. Spread on sauce then sprinkle on 25 mL of the parmesan. Put a small amount of grated cheese, then add the vegetables, then the meat and the rest of the cheese.
13. Bake for 18-20 mins or till crust and cheese are both browned and bubbly. Let cool and then slice.