

VEGETARIAN GOURMET YEAST PIZZA

Dough

5 ml	sugar
150 ml	warm water
7 ml	yeast
15 ml	oil
5 ml	salt
325 ml	flour
2 ml	italiano
2 ml	garlic powder

Sauce

80 ml	tomato sauce
1	garlic clove, minced
60 ml	crushed tomato
5 ml	sugar and parsley
1 ml	pepper
25 ml	fresh herbs
2 ml	salt and oregano

Toppings

3	mushrooms, diced
1/8	red onion
1	canned artichoke, sliced
1/4	green pepper, sliced
1/4	red pepper, sliced
325 ml	grated mozzarella cheese (add cheddar cheese as well if desired)
60 mL	grated cheddar cheese
Fresh herbs	finely minced

(peppers, onion and mushrooms can be sautéed ahead of time if desired.)

1. Preheat oven to 425 F. Put oven rack in the middle of oven.
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) add the dough, cover with the oil and let the dough sit in the bowl covered loosely with a towel for **10 min to rest and grow**.
7. Mix all sauce ingredients together in a small glass liquid measure. Add the minced garlic, add to the small fry pan and heat for 3 mins to blend the flavors. **Taste test**.
8. Grate the cheese, dice the peppers, slice the red onion, slice the mushrooms and artichoke.
9. Remove the towel from the dough, add a small amount of flour to the counter and press or roll the dough out into a circle that is only slightly bigger than the size of the pizza pan. Lay the dough on top of the pizza pan and leave the edges flat or create a small edge crust.
10. Spread on the sauce. Sprinkle on a small amount of the mixed cheeses. Then add the vegetables and then the rest of the cheese.
11. Bake for 18-20 mins or until crust is browned and cheese is bubbly and golden. Let cool. Slice.