

Gourmet Vegetable & Artichoke Pizza



R & J Mazza
GLOBE ARTICHOKES

Ingredients

500g can diced tomatoes
2 tablespoon cooking oil,
2 cloves garlic, finely chopped,
1 tablespoon basil, finely chopped,
1 tablespoon extra virgin olive oil

3 cups plain flour,
2 teaspoons dried yeast,
1 level teaspoon salt,
1 level teaspoon sugar,
1½ cups lukewarm water,
¼ cup oil,

250g mozzarella, shredded,
16 cherry tomatoes, halved,
8 large mushrooms, sliced,
1 red capsicum, sliced,
12 black olives, pitted and halved,
1 small zucchini, sliced,
12 slices pumpkin,
200g artichoke hearts sliced,

50g feta cheese, crumbled,
Rocket lettuce,

Optional

Salami, ham or prosciutto,

How to Prepare

1. Place flour, dried yeast, salt and sugar in bowl and mix. Make a well in the centre of flour mixture. Add water and oil, mix well and place dough on floured board. Knead until dough is smooth and elastic. Cover with a towel and place in a warm place for 1 hour or until dough doubles in size.
2. Heat oil in pan and gently fry garlic. Add diced tomatoes and cook for approximately 15 minutes, or until cooked. Remove from heat. Add basil and olive oil to tomato mixture, and cool.
3. Heat oven to 220°C.
4. Place dough on a floured board and knead until it reduces to its original size, and does not have any air bubbles. Divide dough in two.
5. Brush oil on 2-3 round large pizzas trays (depending on size of trays). Roll out each piece of dough and place on tray.
6. Place tomato mixture on pizza bases. Add mozzarella cheese. (Add cold meat if preferred). Top with mushrooms, cherry tomatoes, capsicum, olives, zucchini, pumpkin and artichokes.
7. Bake for 15 minutes, or until base is golden.
8. Remove from oven, sprinkle with feta cheese and rocket lettuce.

Makes 2-3 Large Pizzas



Artichoke ... the King of Vegetables