

Sea of Cortez Pizza

This is a deep dish type pizza. I made this pizza on a boat, with very few tools and equipment. That's how easy it is to make. It will bake quickly in a hot oven at home in 15-20 minutes. It took more than 30 minutes on the boat, where the oven just doesn't get as hot. Serve it with a salad and you will have an easy and wonderful meal.

2 cups	flour	1	garlic clove, minced
1 ½ tsp	yeast	1 Tbs	fresh herbs, chopped
1 tsp	salt	2 large	tomato, sliced
1 ½ tsp	sugar	3 Tbs	olive tapenade
1 Tbs +	olive oil	6 oz.	mozzarella cheese (or other soft cheese)
1	red bell pepper		
2	zucchini, sliced wide on diagonal		



- 1 Place flour, salt, yeast, sugar and 1 Tbs. olive oil in a bowl. Add ¼ cup warm water to moisten the yeast. Mix dough together with a spoon adding more warm water until the mixture forms a fairly wet ball. Mix the dough further to knead the dough. Cover with plastic wrap and keep in a warm place to rise for an hour or the whole day. Punch down dough from time to time after an hour of rising.
- 2 Grill or roast red pepper and zucchini. Set aside.
- 3 Preheat oven to 400 degrees.
- 4 Oil a 9 x 12 baking sheet or dish well so dough will not stick to it. Plop dough onto baking sheet and press into place.
- 5 Place toppings on pizza. First 1 Tbs olive oil, then minced garlic, then herbs, then sliced tomatoes, veggies and cheese. Cover with plastic wrap and let rise for 30 minutes to 1 hour.
- 6 Place pizza into preheated 400° oven and bake for 15-20 minutes. Pizza is done when crust is golden brown on edge and cheese has begun to melt.
- 7 Cut into 8 pieces. Serve and enjoy!

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Inactive Time: 1 hour and 30 minutes

Total Time: 2 hours and 15 minutes

Oven Temperature: 400°F

Nutrition Facts

Nutrition (per serving): 450 calories, 135 calories from fat, 15.3g total fat, 33.6mg cholesterol, 945.8mg sodium, 643mg potassium, 59.8g carbohydrates, 4.8g fiber, 7.3g sugar, 18.7g protein.

Recipe Type: Appetizer, Bread, Main Dish, Snack

Source

Author: Patricia K. Rose

Source: February 2014

