

# UTAH STATE UNIVERSITY EXTENSION – SALT LAKE COUNTY 4-H PIZZA RECIPES

## Thin Crust Pizza

From: How Sweets Eats Website <https://www.howsweeteats.com/2015/05/easy-thin-crust-pizza/?m#wprm-recipe-container-58978>

**YIELD: 1 (10 TO 12 INCH) THIN PIZZA**

*TOTAL TIME: 30 MINS*

## INGREDIENTS

- 1/2 cup lukewarm water
- 1/2 teaspoon active dry yeast
- 1/2 teaspoon honey
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt

**TOPPINGS:** You can choose your own as well.

- crushed tomatoes, pureed
- fresh mozzarella
- crushed garlic cloves
- fresh basil leaves

## INSTRUCTIONS

1. Place a pizza stone inside your oven on the middle rack. Preheat the oven to 500 degrees F. You most definitely need a pizza peel for this – or at least something to easily transfer your dough to your stone.
2. In a large bowl, mix together the water, yeast and honey. Let that sit and get foamy, about 10ish minutes. During that time, I like to get out all of my pizza ingredients and measure them out – because this dough doesn't have to rise! For the above pizza, I used pureed crushed tomatoes, fresh mozzarella, a little crushed garlic and fresh basil leaves. You want everything measured out and ready to top so you can quickly transfer the dough to the stone.
3. After 10 minutes, stir the flour and salt into the yeast mixture. Stir until the dough comes together, first using a spoon and then using your hands. If the dough is REALLY sticky, use a little more flour until it becomes silky, adding 1 tablespoon of flour as needed. Flour your workspace and knead the dough a few times with your hands. Let it sit for 5 minutes.
4. Roll the dough out as thin as you possible can – at least 10 inches. If the dough keeps springing back, let it rest another 5 or 10 minutes. Flour your pizza peel VERY well. To transfer the thin dough to your peel, I gently and quickly fold the dough in half and then in half again, pick it up, and unfold it on the floured peel. Quickly add your toppings –

your sauce and cheese and what not. Remember, with this thin crust it is best to not do tons of heavy toppings. Work quickly so the dough do not stick to the peel.

5. Open the oven and gently slice the pizza from the peel to the stone – I use a spatula to help if needed. Bake the pizza for 10 to 15 minutes – just keep an eye on it since the oven is so hot and stones can differ. It will be done when the crust is crispy and cheese is golden.
6. Remove the pizza by sliding it back onto the pizza peel with the help of a spatula. Let the pizza cool for a few minutes before slicing.
7. Note: if you want to use a baking sheet, I'd preheat the oven to about 450 degrees F and cook it slightly longer.

*[crust/method slightly adapted from the kitchen]*

## CHEESY CAULIFLOWER PIZZA

**From: Fresh Chefs** - Recipes from 4-H youth, celebrity alumni and supporters, featuring Celebrity Chef, Author, 4-H Healthy Habits Program Ambassador, Tennessee 4-H Alumna Carla Hall  
Submitted by: Laila Ali

SERVINGS: 3 (12" PIZZA)

Let's be honest—it's hard to top a real New York-style cheese pizza! But I think we can all agree that pizza is notoriously on top of the "cheat meal" list. That's what makes cauliflower cheese pizza so appealing to me—it's a great fill-in for the real thing that you can enjoy much more often, even regularly if you go easy on the cheese. Note that you'll want to brown this crust really well; the extra baking time is what firms it up. Any toppings you'll find on a traditional pizza will be at home on your cauliflower pizza; just go lightly with them, as this crust is more delicate than a flour-based pizza crust. My kids love spaghetti for breakfast and they flip for pizza, so when it's cauliflower pizza night I'll often roll out an extra crust to bake for them in the morning. A breakfast of champions!

INGREDIENTS:

PIZZA CRUST

1 large cauliflower head (about 2¼ pounds)

broken into florets and stems chopped

1 large egg

½ cup shredded mozzarella cheese (2 oz)

¼ cup grated Parmesan cheese

1 tsp garlic powder

1 tsp sea salt

SECRET RED SAUCE

2 tbsp extra virgin olive oil  
1 medium yellow onion, chopped  
1 medium red bell pepper, chopped  
2 garlic cloves, chopped  
1 tsp dried oregano  
1 tsp Italian seasoning  
1 ½ tsp sea salt, or to taste  
1 large carrot, finely chopped  
1 medium zucchini, finely chopped  
2 x 28 oz cans diced tomatoes  
Up to 1 tbsp unrefined brown sugar (optional)

#### DIRECTIONS:

##### Red Sauce

1. In a large saucepan, heat the oil over medium heat. Add the onion and bell pepper and cook, stirring, for about 7 minutes until softened. Add the garlic and stir for about 2 minutes until softened. Add the oregano, Italian seasoning and salt and cook for about 30 seconds until aromatic.
2. Stir in the carrot and zucchini and cook for 2 minutes to coat them in the spices and start to soften them. Add the tomatoes and bring to a simmer, stirring to release any of the delicious browned bits stuck to the bottom of the pan. Reduce the heat to low, cover and simmer for 20 minutes, stirring occasionally.
3. Uncover the pan and taste the sauce. Add a little salt if needed and some brown sugar if the sauce calls for a little sweetness.
4. Use an immersion blender to blend the sauce directly in the pan until smooth, or transfer batches of sauce into a blender and blend until smooth. Then, return all sauce back into the pan. Cook for up to 20 minutes more. Set aside some sauce for the pizza, and place remaining sauce in jars.

Chef's Tip: For a silky-smooth sauce, especially for kids who would otherwise veto the veggies, transfer the sauce in batches to a standing blender and blend until smooth, then return the sauce to the pan

##### Pizza Crust

1. Preheat oven to 350°F degrees. Pulse half of the cauliflower in a food processor until the pieces are the size of grains of rice. Spread cauliflower over a baking sheet in an even layer.
2. Pulse the remaining cauliflower and spread it out over a second baking sheet in an even layer. Bake for about 30 minutes, stirring a few times, until the cauliflower is completely dried and lightly browned in some areas. Remove from the oven and let cool completely.

3. Increase the oven temperature to 450°F. Place an empty baking sheet turned upside down (so the pizza slides off easily after it comes out of the oven) in it to heat up like you would a pizza stone (or use a pizza stone if you happen to have one).
4. Return the cauliflower to the food processor and pulse for about 10 seconds to further break it down. Add the egg, mozzarella, Parmesan, garlic powder and salt. Process again for about 20 seconds, scraping down the sides of the bowl once or twice, until the dough is formed.
5. Remove the dough from the processor and place on parchment paper. Form the dough into a round about 12 inches in diameter and ¼ inch thick, with a rim around the sides to contain the toppings.
6. Slide the parchment paper onto the preheated baking sheet and bake for 10-12 minutes until well browned.
7. Remove from oven, add sauce and sprinkle cheese on top. Bake until the toppings are heated through and the sauce is bubbling, about 5 minutes depending on the oven.
8. Remove from the oven, cut into slices and serve.

## How to Make The Best Homemade Pizza

Brenda Blanco, Tasty Team - <https://tasty.co/recipe/pizza-dough>

### Ingredients -for 16 servings

- 2 ½ cups warm water
- 1 teaspoon sugar
- 2 teaspoons active dry yeast
- 7 cups all-purpose flour, plus more for dusting
- 6 tablespoons extra virgin olive oil, plus more for greasing
- 1 ½ teaspoons kosher salt
- ¼ cup semolina flour

### OPTIONAL TOPPINGS

#### TOMATO SAUCE

- 28 oz. canned whole tomatoes
- 1 tablespoon kosher salt

#### MARGHERITA

- tomato sauce
- fresh mozzarella cheese, torn into small pieces
- fresh basil leaf

#### TASTY'S BIANCA

- extra virgin olive oil
- fresh mozzarella cheese, torn into small pieces
- ricotta cheese
- fresh basil pesto
- dried oregano

## PEPPERONI

- tomato sauce
- fresh mozzarella cheese, torn into small pieces
- spicy pepperoni slice
- freshly grated parmesan cheese

## PREPARATION

1. "Bloom" the yeast by sprinkling the sugar and yeast in the warm water. Let sit for 10 minutes, until bubbles form on the surface.
2. In a large bowl, combine the flour and salt. Make a well in the middle and add the olive oil and bloomed yeast mixture. Using a spoon, mix until a shaggy dough begins to form.
3. Once the flour is mostly hydrated, turn the dough out onto a clean work surface and knead for 10-15 minutes. The dough should be soft, smooth, and bouncy. Form the dough into a taut round.
4. Grease a clean, large bowl with olive oil and place the dough inside, turning to coat with the oil. Cover with plastic wrap. Let rise for at least an hour, or up to 24 hours.
5. Punch down the dough and turn it out onto a lightly floured work surface. Knead for another minute or so, then cut into 4 equal portions and shape into rounds.
6. Lightly flour the dough, then cover with a kitchen towel and let rest for another 30 minutes to an hour while you prepare the sauce and any other ingredients.
7. Preheat the oven as high as your oven will allow, between 450-500°F (230-260°C). Place a pizza stone, heavy baking sheet (turn upside down so the surface is flat), or cast iron skillet in the oven.
8. Meanwhile, make the tomato sauce: Add the salt to the can of tomatoes and puree with an immersion blender, or transfer to a blender or food processor, and puree until smooth.
9. Once the dough has rested, take a portion and start by poking the surface with your fingertips, until bubbles form and do not deflate.
10. Then, stretch and press the dough into a thin round. Make it thinner than you think it should be, as it will slightly shrink and puff up during baking.
11. Sprinkle semolina onto an upside down baking sheet and place the stretched crust onto it. Add the sauce and ingredients of your choice.
12. Slide the pizza onto the preheated pizza stone or pan. Bake for 15 minutes, or until the crust and cheese are golden brown.
13. Add any garnish of your preference.
14. Nutrition Calories: 1691 Fat: 65 grams Carbs: 211 grams Fiber: 12 grams Sugars: 60 grams Protein: 65 grams
15. Enjoy!

