

Grilled Pizza Recipe

Ingredients

3/4 C. Marinara Sauce
1/2 C. Chopped Bell Peppers
1/4 C. Sliced Mushrooms
1/4 C. Sliced Onion
2 links uncured Chicken & turkey sausage chopped
1lb easy whole wheat pizza dough (see below)
1C Grated organic mozzarella cheese
Cornmeal for sprinkling on peel or baking sheet

Whole-Wheat Pizza Dough

Makes 4-6 servings (1 pound pizza dough)

Ingredients

¾ cup plus 2 tablespoons lukewarm water (105-115°F)
1 package active dry yeast (2 ¼ teaspoons)
1 teaspoon honey
½ teaspoon salt
1 cup whole-wheat flour
1 cup bread flour or all-purpose flour, plus additional for dusting

To make dough

1. Stir water, yeast, sugar and salt in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour and bread flour (or all-purpose flour) until the dough begins to come together.
2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.)
3. Place the dough in an oiled bowl and turn to coat (or see individual variation). Cover with a clean kitchen towel and set aside in a warm, draft-free place until doubled in size, about 1 hour.

Individual variation:

The dough can be turned into 4 or 6 personal-size pizzas. After kneading, divide the dough into 4 or 6 equal balls. Brush with oil and place 3 inches apart on a baking sheet. Cover and set aside until doubled in size, about 1 hour. Roll each portion into a 6-to-8-inch circle.

Whole-Wheat Pizza Dough Tips

Prepare through Step 3, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the un-risen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

To make pizza

1. Preheat grill to medium-low. (For charcoal grilling or an oven variation, see below.)
2. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (see Tip) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
3. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
4. Using a large spatula, flip the crust. Spread marinara sauce on the crust, leaving a 1-inch border. Quickly top with the Cheese, veggies and sausage.

5. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Variations:

Pizza on a charcoal grill: Light 6 quarts (about 1 large chimney starter full) of charcoal and burn until the coals are mostly white, about 20 minutes. Spread the coals in an even layer. Place a grate over the coals. Let the coals burn until they are about medium-low. (If you want to Grill any toppings for the pizza do not chop veggies and grill while the coals are burning down.) To test the heat, hold your palm about 5 inches above the grill rack; if you can hold it there for about 8 seconds before you need to move it away, the fire is medium-low. Transfer the crust to the grill rack, cover the grill and cook the crust, checking once or twice, until lightly browned, 3 to 4 minutes. Flip the crust, quickly add the toppings, cover the grill and cook until the toppings are hot and the bottom of the crust has browned, 5 to 8 minutes. If your crust browns faster than your toppings are cooking, slide a baking sheet under the pizza to keep the crust from burning while the toppings finish.

Pizza in the oven: Place a pizza stone on the lowest rack; preheat oven to 450°F for at least 20 minutes. Roll out the dough and place on a cornmeal-dusted pizza peel or inverted baking sheet, using enough cornmeal so that the dough slides easily. Slide the dough onto the preheated stone and cook until the bottom begins to crisp, about 3 minutes. Remove the crust from the oven using a large spatula and place it uncooked-side down on the peel or baking sheet, making sure the underside of the crust is completely coated with cornmeal. Quickly add the toppings and slide the pizza back onto the stone. Continue baking until the toppings are hot and the bottom of the crust has browned, 12 to 15 minutes.

Vita-Mart
516 S. Beeline Hwy.
Payson, AZ 85541
928-474-4101
www.thevitamart.com