

Take and Make

With Brathay

This week we have given you the ingredients for MAIN: Vegetarian Pizza and DESSERT: Chocolate-dipped Strawberries.

Before you start collect your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

Vegetarian Pizza (makes 3 or 4)

For the pizza base:

1. Put 350ml of warm (not hot) water into a large bowl and add the yeast and 2 tbsp sugar [not provided]. Leave for 10 mins for the yeast to start working.
2. Now add 300g flour and a pinch of salt [not provided] to the mix and stir. Gradually add another 300-350g flour and keep mixing. Once you have a ball of dough tip it onto a floured surface and kneed for 5-10 minutes.
3. Put the dough into a clean bowl and cover with cling film and leave to rise. This will take between 60-90 minutes.
4. When ready split the dough into 3 or 4 pieces and roll out to form the base. Place each base onto an oiled baking tray. (You could even make heart shaped based for valentines day!)

For the toppings:

1. Remove the stalk and seeds from the pepper and cut into slices or small pieces. Remove the skin from the onion and slice very thinly. Slice the tomatoes and the mushrooms.
2. Put a heaped tablespoon of tomato puree onto each pizza base and spread using the back of a metal spoon.
3. Divide the cheese between each of the pizzas.
4. Add the sliced toppings
5. Cook a preheated oven (200°C) for 10-15 minutes (until crust is baked and cheese is bubbling).
6. Once cooked place on a wooden board to slice and serve.

Chocolate dipped strawberries:

1. Wash the strawberries in cold water and dry using kitchen paper.
2. Break the chocolate into pieces in a glass bowl.
3. You can microwave the chocolate for 20 seconds at a time (stirring between each 20 seconds) until the chocolate melts OR Bring a small pan of water to the boil. Carefully place the bowl of chocolate on top of the pan and stir gently until the chocolate melts.
4. Dip the strawberries into the melted chocolate and set onto baking paper to harden.

Enjoy pizza night!