

Rainbow Pizza (makes one 12" pizza)

Pizza Base Ingredients

- 185g plain flour
- ½ teaspoon salt
- ½ tablespoon caster sugar
- 3.5g dried active baking yeast
- 1 tablespoons olive oil
- 112ml warm water (45°C)



Pizza Base Method

1. Combine flour, salt, sugar, and yeast in a large bowl. Create a well in centre of dry ingredients. Pour the oil and warm water into the well and mix with dry ingredients.
2. When a dough has formed, take out of bowl and knead for 5 mins on a floured service until dough is smooth and soft.
3. Form dough into a ball, put back in the bowl, cover with kitchen roll and leave in a warm place to prove for 30mins.
4. Put dough on work surface and shape into a circle with hands. Using a rolling pin, roll the dough twice from bottom to top then turn the dough 90 degrees and roll twice again bottom to top. Try to keep it round and keep rolling like this until the dough fits the pizza trays.
5. Put the pizza base on the pizza tray.



Pizza Sauce Ingredients (made in advance for participants)

- 150g tomatoes
- 1/3 of an onion
- 20g carrot
- 1 teaspoon olive oil
- ½ garlic clove
- ½ teaspoon Italian dried herbs
- Handful of basil leaves torn into pieces
- 5ml tomato puree
- 50ml vegetable stock
- Salt and pepper

Pizza Sauce Method

1. Blanche the tomatoes in boiling water for 15 seconds then transfer to cold water. This will make peeling the tomatoes much easier. Make sure an adult helps you with the boiling water.
2. Peel the tomatoes and chop finely, discarding the seeds.
3. Finely chop the onion and carrot. Heat the oil in a saucepan and sauté the onion, carrot with the garlic and mixed herbs for 4-5 mins until softened.
4. Stir in the tomatoes, tomato puree, stock, and seasoning. Bring to the boil, cover and simmer for 15-20 mins or until the vegetables are tender.
5. Uncover the sauce and continue to simmer for a further 4-5 mins to reduce and thicken slightly.
6. Puree in a blender or food processor until smooth.



Pizza Topping Ingredients

- 1 x red pepper cut into cubes
- Sweetcorn (small tin each)
- Carrot grated (medium size)
- ½ a large courgette cut into cubes
- ½ a red onion cut into thin slices
- 125g of grated Mozzarella and Cheddar cheese. Could also use Red Leicester.

Pizza Topping Method

1. Cut the vegetables as per the ingredients cube pepper and courgette and thinly slice the red onion.



Assembling the Pizza

1. Evenly spread the tomato sauce all over the pizza base with a spoon.
2. Next evenly cover the pizza with cheese.
3. Make a circle of red pepper around the outside edge of the pizza.
4. Make a circle of yellow sweetcorn right inside the red pepper circle.
5. Make a circle of orange carrot right inside the sweetcorn.
6. Make a circle of green courgette right inside the carrot. Turn the courgette green side up.
7. Fill the centre of the pizza with the red onion.
8. Sprinkle with a little more cheese, not too much though or you will not see the rainbow colours.
9. Cook at 190°C / Gas mark 5 for 25 to 30 mins until golden.
10. When cooked, slice the pizza across the middle, left to right and the pizza should resemble a rainbow.



