



PIZZA WITH HIDDEN VEG SAUCE

Vegetarian Main: This recipe provides a portion of dairy and counts towards the standard to provide a portion of dairy each day.

Recipe adapted from: Sam Ward, Catering Manager, Collaton St Mary Primary School

Ingredients

Pizza dough:

1.125kg bread flour
16g yeast, dried
11g salt
100ml oil
600ml tepid water

Hidden veg sauce:

50ml onions, peeled, chopped
50g Carrots, peeled, chopped
125g *seasonal vegetables, peeled and chopped
½tbsp dried oregano or herbs de Provence or fresh herbs from school garden
550g canned chopped tomatoes
65g tomato purée
1 bay leaves
250g vegetable stock, prepared from vegetable stalks and peelings
1kg reduced-fat mature Cheddar cheese, grated

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats & choose hard yellow cheese which has a maximum total fat content of 25g/100g.

Method

1. Weigh dry pizza dough ingredients into a bowl.
2. Add oil and tepid water
3. Mix thoroughly, knead and allow to rise.
4. Prepare the tomato sauce, by sauté onions in oil for 3 minutes, and add remaining vegetables for 10 minutes. Add herbs and tomato purée cook out for 5 minutes. Add tomatoes and stock, simmer for 30 minutes. Blend until smooth purée. Adjust consistency using more or less stock.
5. Preheat the oven to 180°C/350°F/gas mark 4.
6. When dough has well risen knock dough back and divide into 2 flat Gastronorm trays.
7. Spread with tomato base sauce, sprinkle with cheese.
8. Bake in oven for 20-25 minutes until golden brown.

Serving suggestion: with seasonal salad.



Number of portions this recipe makes:

30 primary servings (130g)
20 secondary servings (195g)



Prep: 10 minutes, plus proving
Cook: 25 minutes



Allergy information:

Celery, eggs, milk, wheat (gluten)



Top Tips

Use strong cheddar as you'll need less.