



## 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.