RECIPE

Personal Pizzas

MAKES

4 personal or 6 mini pizzas

US | Metric

TOTAL

1 h 30 min

Ingredients

- [ ] 7 g active dry yeast (1 packet)
- [ ] 1 tsp light brown sugar
- [ ] 230 ml warm water (1 cup)
- [ ] 175 g bread flour (1⅓ cups)
- [ ] 175 g whole-wheat flour (about 1½ cups)
- [ ] ½ tsp sea salt
- [ ] 2 tbsp olive oil, plus more for the bowl
- [ ] 1 can no-salt-added diced tomatoes, drained and pressed dry
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 tbsp olive oil, for the sauce
- [ ] ½ tsp garlic powder
- [ ] Pinch of sugar
- [ ] Oregano
- [ ] 1 green bell pepper, thinly sliced
- [ ] 4 oz mushrooms, thinly sliced
- [ ] Reduced-sodium part-skim mozzarella

Method

1. Stir the yeast and sugar into the warm water and wait 5 minutes for it to foam. No foam means the yeast is dead.
2. Add both flours, the salt and the oil and knead 8–10 minutes to a smooth ball. Whole-wheat flour drinks more water: if the dough feels dry and tears, work in water a tablespoon at a time.
3. Rise in an oiled, covered bowl until doubled, about 45 minutes. At altitude, go by the finger test, not the clock: a floured dent that stays means it's ready.
4. Heat the oven to 500 °F with a sheet pan inside for 20 minutes.
5. Mash the drained tomatoes with the paste, oil, garlic powder, sugar and oregano to a thick-ketchup sauce. No salt in the sauce.

- [ ] 20 g grated parmesan, for the rims (about 1 tbsp a pizza)

6. Punch down, divide, ball and rest 10 minutes. Stretch each on parchment and push up a rim. Oil the rim and press parmesan onto it, then add a thin layer of sauce, cover it with the pepper and mushrooms, and scatter ⅓ cup mozzarella over the vegetables.

7. Slide the parchment onto the hot pan. Bake personal pizzas about 10 minutes (look at 9), minis 8–9.