

PLANT-BASED COOKING 

NATIONAL PIZZA DAY TASTING & TECHNIQUE

TASTING: Sample and rate locally made vegan pizza delivered and commercially made vegan pizzas hot out of the oven

*Try them, rate them,
we'll pick a winner!*



TECHNIQUE: Learn the art of making pizza from scratch at home. Explore the tools and equipment used and a variety of inspirational plant-based sauces and toppings.

*It's a National Pizza Day
Culinary Arts Challenge*

SUNDAY, FEBRUARY 9TH | 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

THREE CHEEZE VEGGIE PIZZA

INGREDIENTS:

Fresh ball of commercial pizza dough

1 (13 ounce) jar pizza sauce

1/2 recipe tofu ricotta (page X)

1/4 purple onion, sliced

3 oz. sliced mushrooms

1/4 red bell pepper, diced

1/4 yellow bell pepper, diced

1/2 cup cherry tomatoes, halved

1 15 oz. can artichoke hearts, drained

1 cup sliced olives, drained

1 (8 ounce) package of shredded vegan mozzarella

1/2 cup vegan Parmesan

Sliced fresh basil for topping

Drizzle of extra virgin olive oil

Red pepper flakes to taste

DIRECTIONS:

Remove the pizza dough from refrigeration and place it in a warm spot, covered on a lightly flour-dusted cutting board for 30-40 minutes to soften and rise.

Prepare the vegetables and set them aside. Preheat the oven to 425° Fahrenheit. If you have a pizza stone place it in the oven to preheat it or line a baking sheet with parchment, and set it aside.

With clean hands shape the dough by stretching it, but being careful not to tear it. Place it on a sheet of parchment

and use a rolling pin to gently continue flattening the dough into an even thickness, either aiming to make it round or free-form and rustic.

Spread the sauce evenly over the dough leaving a one-inch margin around the edges for the crust. Place eight heaping tablespoons of tofu ricotta on the sauce and flatten them with the back of a spoon. Layer all the veggies over the sauce, and then sprinkle on a combination of vegan mozzarella and Parmesan. Top it with a chiffonade of fresh basil, a drizzle of olive oil, crushed red pepper flakes to taste, and an additional sprinkle of vegan Parmesan. Transfer the pizza to the baking stone or baking sheet.

Bake it in a hot oven for 12-15 minutes or until the crust is golden brown and the cheese has melted. Transfer the pizza to a cutting board, slice it with a pizza cutter. Serve with a side of red pepper flakes and vegan Parmesan.





PIZZA DOUGH FROM SCRATCH

INGREDIENTS:

1 cup warm water
1 tablespoon cane sugar
1 packet of active dry yeast
1/4 cup olive oil
3 cups flour
1 teaspoon salt

DIRECTIONS:

In a small bowl combine the warm water (not too hot, not too cold) with a tablespoon of sugar, stir until dissolved. Add the dry yeast, stir to combine then let sit until it begins to bubble or make a layer of foam in the bowl.

In a large bowl combine three cups of flour with one teaspoon of salt, stir to combine.

Add 1/4 cup of olive oil to the yeast mixture, stir it and pour it into the flour. Use a large mixing spoon to scrape the side and stir the mixture into a dough.

Lightly dust a cutting board with flour, turn the dough out onto the cutting board and knead it using the heel of your hands to stretch the dough, use your fingers to fold it then continue stretching and folding the dough until it is smooth. Use a little additional flour if the dough is sticky.

Place the kneaded dough into a lightly oiled large mixing bowl and cover it with a towel, set it in a warm place to rise for about 40 minutes.

Preheat the oven to 450, prepare a baking sheet with a piece of parchment paper. After the dough has about doubled in size punch it down (do not knead it again) and transfer it to the baking sheet. Stretch the dough by hand or use a rolling pin, don't worry about what shape it is just make sure it's an even thickness.

Melt about two tablespoons of vegan butter in a liquid measure cup, add two tablespoons of olive oil and a teaspoon of garlic powder. Use a pastry brush and brush the mixture all over the rim of the crust, top the crust with the tomatoes, basil and mozzarella. Sprinkle the parmesan over the top and drizzle any remaining olive oil mixture over the top.

Place the pizza in the oven to bake for 10-15 minutes or until the edges begin to brown. Slice and serve hot.