

Pizza

Ingredients:

1. ½ kg Organic Spelt / Wheat grain
2. ±1 tsp Himalayan rock salt / Virgin earth salt.
3. ±350 ml pure or distilled water
4. 5 Tbsp olive oil
5. Your favourite whole food topping material.

Shelf life:

Remember once a grain berry/kernel has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand.

Water quantity:

The pizza base dough needs to be thick thus add water gradually in order to get the dough to a stiff, firm consistency.

Preparation:

1. Weigh 1/2kg of your favourite, organic grain.
2. Set your stone mill to the fine setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. Preheat your oven to 220 deg C.
5. Thoroughly mix all the dry ingredients.
6. Gradually add water to the dry ingredients.
7. Knead/mix the dough for ± 5 minutes.
8. Divide the pizza base dough in 5 pieces.
9. Sprinkle flour on a flat work bench in order to squeeze with your hand palm out every pizza base.
10. Shape the pizza base in the desired shape.
11. The pizza base must be thin, ±3mm in thickness.
12. Cook the pizza alone at 220 deg C for approximately 7 minutes until you can see it is making blisters.
13. Remove from the oven and spread a Tbsp of olive oil per pizza on top of the pizza base.
14. Add your garlic pesto, the tomato sauce and your favourite toppings.
15. Cook the complete pizza at 220 deg C for approximately 7 min.
16. Makes ± 5 medium but super filling pizzas.

Enjoy &



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