

Pizza Crust

This takes all of 15 minutes to throw together. It should sit for at least an hour to let the yeast do their thing. You can also make it the night before or the morning before and put it in the refrigerator. If so, take it out 30-60 minutes before you're ready to cook.

I get my corn meal on a once/year pilgrimage to the Old Wye Mill on the Eastern Shore. They grind their corn in the original mill from the 1700's using the adjacent stream and paddle wheel to power the huge stone mill. It's worth a trip!

1 envelope or 1 tbsp of dry yeast
1 tbsp sugar
1 cp water
2 ½ cp flour
½ cp corn meal
3 tbsp olive oil
1 tsp salt
1 tbsp minced fresh rosemary or ½ tbsp dried Italian herbs (basil, rosemary, oregano)

Microwave 1 cup of water (~30 seconds in my microwave) until it is about 105 degrees F. Add it to a mixing bowl with the yeast and sugar. Let the yeast activate for 10 minutes. Add the remaining ingredients. Knead for 5 minutes using a stand mixer's hook or, if you want to get some aggression out, knead it by hand. Cover with plastic wrap and let it sit for about an hour. Prepare your pizza topping while you wait.

Punch down the dough (fun in the kitchen!). There is enough to divide the dough in 4 parts so 4 people can make their own pizza. Roll out each piece a little thinner than you might think you can. The thin crust holds together and cuts down on the calories in each pizza. Use pizza peels if you have them. Put a bit of cheap, store-bought corn meal on the peels to let the pizza slide onto the grill or into the oven.

Preheat the grill or oven. If you use a grill, get the grill hot, then lower the temperature as much as you can just before you put the crust on the grates. (Oven at 450-500 degrees and best with a pizza stone.) Cook on the grill for ~1 minute and pull off. There should be lightly toasted grill marks on the crust. Flip the crusts grilled side UP on the peels and put your toppings on. Put them back on the grill for 6-7 minutes at low temperature so the crust doesn't burn, but the toppings and cheese cook.

Possible toppings:

Basil Pesto (see separate recipe) or tomato sauce

Frozen, chopped spinach- thaw it, but no need to cook it. Great with pesto

Snap peas

Sliced tomato

Roasted red or yellow bell pepper

Sun-dried tomato- cut into fairly large pieces for best flavor

Garlic- sauté it in $\frac{1}{4}$ cup of olive oil with crushed red pepper and spoon it over your creation before the cheese goes on

Artichoke hearts

Chicken any way you like it

Sausage

Shrimp, oysters, or anything you're brave enough to experiment with

...you get the idea, whatever looks good at the farmers market, produce aisle, or meat counter, give it a try. Be reasonable with ingredients that are higher in calories and salt like sausage, ham, and cheese. Pizza makes a great leftover later in the week, so don't feel like you have to finish it all at one meal.