

# Snapped Up: Lovely Thick Crust Pizza



Lunch. Dinner. (let's be honest) Breakfast...

This has to be the best, thick crust pizza ever. It's chewy, crispy, and the sauce would make an Italian grandmother cry. The dough also makes fabulous Focaccia Bread. What's not to love?

It seems fussy, but once you've done it, you'll wonder why you haven't been making pizza from scratch before.

**DOUGH TIP:** Use the handle of a wooden spoon to stir with and you'll have better luck. It acts like a bread hook on an expensive mixer, but brings the dough together more quickly and with less clean up mess.

**RISE TIP:** Warm the oven on its lowest setting (175 degrees) then turn it off. Put the sticky dough (same bowl) into the oven with a moist towel over the top.

**BAKE TIP:** Cornmeal keeps your hands from sticking while kneading the dough. Sprinkle a generous layer of cornmeal on the cookie sheet; it will keep it from sticking while allowing the bottom to get crispy. Excess corn meal falls off.

**YUM FACTOR:** Drizzle a bit of olive oil on the surface before serving if you are using vegan cheese or some other dry cheese that isn't very greasy.

**PREP** 20 minutes **RISE** 2 hours **COOK** 20 minutes

**TOTAL TIME** 2-1/2 – 3 hours. Love takes time...

## INGREDIENTS

### Thick Crust Dough

4 cups **White Flour** (whole wheat is too heavy)

2 cups **Water**

1 packet **Fast acting yeast**

1 Tablespoon of **Sugar or Jam or Honey**

1 teaspoon **Salt**

**Corn meal** for kneading and baking.

### Sauce

1 14.5 oz can (1.5 cups) of **Diced Tomatoes**

1 6 oz. can of **tomato paste** (with ¼ cup water)

2 teaspoons of **Fennel seeds**

1 teaspoon **Oregano**

1 teaspoon **Basil**

1/2 teaspoon of **Pepper** flakes

1 large **clove of Garlic** minced or ¼ teaspoon garlic powder

1 tablespoon **Sugar**

½ teaspoon **Salt**.

### Toppings

**Cheese and mushrooms, onions, peppers, olives...** whatever you like sliced very thin to cook fast and not waterlog the crust.

**TOOLS USED:** Mixing bowl, small pot, cookie sheet or pizza pan.

### DIRECTIONS:

**Make Dough** – mix 110 degree (very warm) **water with sugar, salt, and yeast** and let it rehydrate until the water is cloudy. Add **Flour** and stir until it's a sticky wad of dough. Knead in the bowl a couple minutes to pick up the last bits of flour on the bottom.

**Put the sticky dough (same bowl) in a warmed oven.** Let rise for 2-3 hours.

When dough is 2 to 3 times it's original size, turn out on a surface dusted with corn meal and knead into a ball. Cut the ball in half and shape the smaller balls into two hearts or circles. FYI: You have enough dough to fill one large cookie sheet. This dough does not stretch well, work in small portions to keep from making holes in the crust and an even in thickness.

**Make Sauce** while dough is rising, blend the **Diced Tomatoes** into a sauce and add to a small pot. Add **tomato paste** and ¼ cup water, **Fennel, Oregano, Basil, Pepper flakes, Garlic, Sugar, Salt**. Cook until bubbling and then turn it off and let the flavors marry.

**Assemble** – Ladle a cup of sauce on each pizza and add toppings.

**Bake** 450 degrees for 15-20 minutes

# 1/4 of Lovely Thick Crust Pizza provides:

General			
Energy	298.5	kcal	41%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	183.3	g	7%

Carbohydrates			
Carbs	63.6	g	78%
Fiber	6.3	g	30%
Starch	46.1	g	No Target
Sugars	9.1	g	No Target
Sugar Alcohol	0.5	g	No Target
Net Carbs	56.8	g	93%

Lipids			
Fat	1.2	g	4%
Monounsaturated	0.2	g	No Target
Polvunsaturated	0.4	g	No Target
Omega-3	0.0	g	1%
Omega-6	0.4	g	4%
Saturated	0.2	g	n/a
Trans-Fats	0.0	g	0.000 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	9.9	g	16%
Cystine	0.2	g	25%
Histidine	0.2	g	20%
Isoleucine	0.3	g	23%
Leucine	0.6	g	19%
Lysine	0.3	g	10%
Methionine	0.1	g	21%
Phenylalanine	0.5	g	39%
Threonine	0.3	g	21%
Tryptophan	0.1	g	33%
Tyrosine	0.3	g	22%
Valine	0.4	g	22%

Vitamins			
B1 (Thiamine)	0.5	mg	46%
B2 (Riboflavin)	0.2	mg	19%
B3 (Niacin)	3.1	mg	22%
B5 (Pantothenic Acid)	0.8	mg	15%
B6 (Pyridoxine)	0.3	mg	23%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	38.3	µg	10%
Vitamin A	889.3	IU	38%
Vitamin C	49.0	mg	65%
Vitamin D	1.2	IU	0%
Vitamin E	1.9	mg	13%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.5	mg	No Target
Vitamin K	12.9	µg	14%

Minerals			
Calcium	71.4	mg	9%
Copper	0.4	mg	39%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.7	mg	34%
Magnesium	47.6	mg	15%
Manganese	0.8	mg	42%
Molybdenum	0.0	µg	0%
Phosphorus	145.8	mg	21%
Potassium	724.2	mg	15%
Selenium	25.4	µg	46%
Sodium	94.3	mg	7%
Zinc	1.0	mg	12%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.