



February 17, 2016

Bring the Family Together with a Fun Pizza Night

We hope you took advantage of the Family Day long weekend to enjoy a delicious meal together with your family. There are many benefits to sitting down together to a family dinner. Children who frequently eat together with their families tend to have healthier eating habits, higher self-esteem and better communication skills.

More importantly, family dinners are an opportunity for everyone to get together and have fun! Our Perfect Pizza Dough is a cinch to make in the food processor; our Spanakopita Pizza features a unique mix of spinach, feta, dill and lemon as the topping, offering a delicious twist on pizza night.

PERFECT PIZZA DOUGH

This easy-to-prepare dough is made in the food processor.

Ingredients:

3/4 cup (175 mL) warm water (100°F/38°C)
1 tbsp (15 mL) granulated sugar
1 pkg (8 g) instant yeast
2 tbsp (25 mL) extra-virgin olive oil
1 3/4 cups (425 mL) all-purpose flour
1 tsp (5 mL) salt
All-purpose flour, optional*

Method:

1. Combine warm water and sugar, stirring to dissolve. Sprinkle yeast on top. Let stand until foamy, about 5 minutes.
2. Stir yeast mixture. Drizzle in oil and stir to combine.

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3. Place 1 3/4 cups (425 mL) flour and salt in a food processor fitted with a dough blade; process to combine.
4. Add yeast mixture and process just until dough comes together and forms a ball, about 1 minute. Dough will be soft.
5. If dough is too sticky, add additional flour, 1 tbsp (15 mL) at a time, and process until dough comes together and forms a ball.
6. Using greased hands, shape dough into a ball. Dough may be prepared to this point and frozen in an airtight container.
7. If frozen, thaw dough in refrigerator before proceeding. Transfer dough to an oiled bowl; turn dough to coat with oil. Cover with plastic wrap.
8. Let stand for 5 minutes if fresh and 15 minutes if thawed from frozen before rolling out. *Makes enough dough for 1 large or 2 small pizza(s).*

Cook's Note: Follow recipe directions for baking pizza or use the following general method. On a lightly floured surface, flatten dough and roll out to fit a greased 14 inch (35 cm) pizza pan sprinkled with cornmeal. Transfer dough to prepared pan and pat onto pan. Spread pizza sauce evenly over dough. Top with toppings. Sprinkle with cheese. Bake at 500°F (260°C) for 9 – 10 minutes or until cheese is melted, pizza is heated through and crust is golden brown. Slice and serve.

SPANAKOPITA PIZZA

Ingredients:

- 1/4 cup (50 mL) tomato paste
- 2 tbsp (25 mL) water
- 1 tsp (5 mL) balsamic vinegar
- 1 tsp (5 mL) basil, crumbled
- 1 tsp (5 mL) oregano, crumbled
- 1/2 tsp (2 mL) granulated sugar
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) freshly ground pepper
- 2 tbsp (25 mL) extra-virgin olive oil
- 1/2 cup (125 mL) finely chopped onion



3 cloves garlic, finely chopped
1 pkg (300 g) frozen chopped spinach, thawed and squeezed dry
1 cup (250 mL) shredded feta cheese
1 tsp (5 mL) dill weed
1 tsp (5 mL) grated lemon peel
1 large egg, lightly beaten
All-purpose flour (for dusting surface)
Perfect Pizza Dough (recipe on page 47) or pizza dough
Cornmeal (for sprinkling pizza pan)
2 cups (500 mL) shredded part-skim mozzarella cheese

Method:

1. Preheat oven to 500°F (260°C).
2. To prepare sauce, combine tomato paste, water, vinegar, basil, oregano, sugar, salt and pepper in a bowl; set aside.
3. Heat oil in a small frypan over medium heat. Add onion and sauté for 2 minutes.
4. Add garlic and sauté for 1 minute. Remove from heat and cool slightly.
5. Combine spinach, feta cheese, dill weed, lemon peel and beaten egg in a bowl. Add onion mixture and stir to combine.
6. On a lightly floured surface, flatten Perfect Pizza Dough and roll out to fit a greased 14 inch (35 cm) pizza pan sprinkled with cornmeal.
7. Transfer dough to prepared pan and pat onto pan. Spread sauce evenly over dough. Top with spinach mixture. Sprinkle with mozzarella cheese.
8. Bake for 9 – 10 minutes or until cheese is melted, pizza is heated through and crust is golden brown.
9. Slice and serve. *Serves 4.*