

Real Food Institute of Midcoast Maine
“Back to Scratch” Cooking and Processing Workshop for Institutions
October 28-29, 2011, Spruce Point Inn, Boothbay Harbor, Maine

MAINE PIZZA
25 servings

Dough

4 ½ cups water	1 tablespoon sea salt
3 tablespoons yeast	3 tablespoons sugar
6 tablespoons olive oil	Approx. 15 cups whole wheat flour, Aroostook*

Directions

Equip the Hobart mixer with the dough hook. In the mixer bowl, add the water, yeast, olive oil, sea salt and sugar. Add the flour and beat until the dough forms a ball and comes away from the sides of the bowl. Remove dough to a greased bowl and cover with a damp towel to rise for about 1 hour.

This dough may be shaped into pizzas, calzones, or individual loaves of French bread. Yields approximately 5 pounds dough.

Topping

6 cups chopped tomato (if canned, drain juice)	1 cup finely chopped onion
6 cups seasonal veggies*	3 tablespoons dried basil
4 cups part-skim mozzarella cheese, grated	garlic salt and fresh pepper to taste
2 ½ cups low-fat ricotta cheese	corn meal for dusting sheet pan

Directions

Preheat the oven to 475 degrees.

In a bowl, combine the mozzarella cheese, ricotta cheese, finely chopped onion, spices and set aside. Prepare the seasonal veggies. Roll out the pizza dough and fit the dough on a sheet pan dusted with cornmeal. Lightly brush dough with olive oil. Spread the chopped tomato, then the cheese mixture and top with the prepared seasonal veggies. Bake until bottom is brown and topping heated. Cut into 25 slices and serve.

Nutritional analysis per serving (approximate, varies with veggies): 375 calories, 18 grams protein, 53 grams carbohydrates, 12 grams fat, 906 mg. sodium, 8 grams fiber.

USDA School Lunch Guidelines: 3 ounces whole grain, ½ cup veggies, ½ dairy serving

(Over)

Seasonal Ingredient Suggestions

MAY/JUNE: *chopped greens (spinach, kale), asparagus*

JULY/AUGUST: *broccoli, eggplant, greens, peppers, leeks, onions, tomatoes, summer squash*

SEPTEMBER/OCTOBER: *broccoli, leeks, onions, peppers, summer squash, tomatoes*

NOVEMBER/DECEMBER: *leeks, onions, greens, carrots*

JANUARY/APRIL: *leeks, onions, grated roots*

Aroostook wheat is available all year.

For more information about seasonal eating and to download copies of seasonal eating brochures and recipes, go to www.mofga.org

For updates to these recipes and/or to include comments and input from your test results, please contact:

Cheryl Wixson
P.O. Box 757
Stonington, ME 04681
cheryl@mofga.org



<http://realfoodinstitute.com/>



www.ceimaine.org



<http://mofga.org/>