



Pizza with a Herby Scone Base

This is a really simple version of an Italian pizza. Try this vegetable pizza or add your own toppings. See our suggestions in the 'something to try next time' section.

Nutritional information per portion (206g):

calories	fat	saturates	sugars	salt
349.4	13.1g 19%	5.0g 25%	6.6g 7%	1.3g 22%

of an adult's guideline daily amount



Wheat/gluten and dairy

Equipment

Weighing scales
Large baking tray
Pastry brush
Clean, damp cloth
Chopping board
Sharp knife
Colander
Grater
Sieve
Mixing bowl
Measuring jug
Rolling pin
Fish slice
15ml spoon
5ml spoon
Oven gloves
Palette knife or table knife
Wire rack

Ingredients

Serves 4
Vegetable oil for greasing
50g button mushrooms
4 spring onions
1 red pepper
100g strong reduced-fat Cheddar cheese
200g self-raising flour (plus extra for rolling out)
50g butter OR polyunsaturated margarine
125ml semi-skimmed milk
4 x 15ml spoons passata (sieved tomatoes) OR see alternatives in 'something to try next time'
½ x 5ml spoon mixed dried herbs
50g canned OR frozen sweetcorn
Black pepper (optional)



Top Tips

- Handle the dough as little as possible.
- Do not put the toppings on until the base is on the baking tray.





Pizza with a Herby Scone Base

Method

1. Preheat the oven to 220°C/200°C fan or gas mark 7. Brush the baking tray with a little oil.
2. Wipe the mushrooms with a clean, damp cloth and slice finely.
3. Wash then top, tail and discard the outer layer the spring onions. Chop the spring onions finely.
4. Wash the red pepper, remove the seeds and white pith and cut into thin strips or small squares.
5. Grate the cheese.
6. Sieve the flour into the mixing bowl.
7. If using butter, chop into small 2cm pieces. Using clean fingertips, rub the butter or margarine into the flour until it resembles fine breadcrumbs.
8. Gradually stir in the milk to make a soft dough, do not knead.
9. Sprinkle the rolling pin and a clean, dry surface with a little flour.
10. Shape the dough into a circle and roll out until it is less than 1cm thick and has a diameter of about 25cm.
11. Carefully lift onto the baking tray with a fish slice.
12. Spread the passata onto the scone base circle leaving 1cm clear all around the edge.
13. Sprinkle with the herbs, onions, sweetcorn, black pepper to taste (if using) and half of the cheese.
14. Scatter the peppers, mushrooms and the rest of the cheese on top.
15. Bake for 20 minutes or until the cheese is bubbling and the base is golden.
16. Remove the pizza from the oven and slide onto a wire rack for 5 minutes before slicing.

Prepare now, eat later

- Prepare the scone base in advance by rubbing the fat into the flour and storing it in a plastic bag in the fridge for up to 24 hours or freezer for up to 1 month. Just shake it into a bowl and add milk to finish it off. If frozen, defrost in the fridge for 24 hours first.
- Prepare all the topping ingredients in advance and store in sealed plastic bags or tubs in the salad drawer of the fridge for up to 2 days. Assemble just before cooking.
- The cooked pizza can be frozen for up to 1 month. Cut into slices and wrap in foil. Reheat, uncovered, in a hot oven until piping hot.

Something to try next time

- As an alternative to passata (sieved tomatoes), mix 2 x 15ml spoons of tomato purée with 2 x 15ml spoons of cold water and use in the same way. Alternatively, drain half a 400g can of chopped tomatoes in a sieve for 5 minutes and use as the topping. Put the drained liquid back in with the remaining tomatoes and add to casseroles, Bolognese or pasta sauce.
- Try adding 50g of grated carrot or courgettes to the scone base. Mix in just before adding the milk. You might need slightly less milk.
- Vary the toppings. Try grating half a large onion and mixing it with the passata instead of the spring onions, add a crushed garlic clove, use a different coloured pepper, add finely sliced courgettes and, for non-vegetarians, add bacon, ham, anchovies or pepperoni. You can also use mozzarella cheese instead for a truly authentic pizza.
- For an alternative or meaty pizza add toppings of your choice such as tuna and rocket, ham and pineapple or roasted vegetables and basil.

