

Mediterranean Pizza



Today's recipe is Mediterranean Pizza. Actually, pizza is an Italian savory dish, which is consisting of a usually round, flattened base of leavened wheat-based dough topped with tomatoes, cheese, and often various other ingredients, which is then baked at a high temperature, traditionally in a wood-fired oven.

The Mediterranean diet (a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea) typically consists of high in vegetables, fruits, whole grains, beans, nuts and seeds, and olive oil.

We are going to make combination of two cuisines (Italian and Mediterranean).

Ingredients for the pizza sauce:

- 6 peeled tomatoes
- 1 bell pepper
- 3 garlic cloves
- 10 red dried chillies
- 1/4cup olive oil
- 1 small chopped onion
- 1tbsp Salt
- 1tbsp mixed herbs
- 2tbsp Paprika
- 1tbsp sugar
- 1/4tsp food colouring
- 1/3cup barbecue sauce

Ingredients for the pizza dough:

- 1cup lukewarm water
- 2tbsp salt
- 1tbsp yeast

- 1tbsp oil
- 2cup plain flour

Ingredients for toppings:

- Onions
- Bell Pepper
- Tomatoes
- Mozzarella Cheese
- Slices Shredded Cheddar Cheese
- Black Olives
- Some Mixed Herbs

YouTube Video Link