

CHEF AT THE MARKET

Chef: Guenn Gentry-Johnsen

Fedora Catering, Redding, CA ~ (530)229-9312

Mediterranean Flatbread Pizzetas

Grilled Flatbreads (base of pizzetas)

Ingredients

2 tsp salt

1 tsp sugar

1 Tbsp instant yeast

3 cups all purpose flour

Extra virgin olive oil as needed

A few pinches of ground cumin and sesame seeds to sprinkle on grilled breads

Directions

1. Whisk together salt, sugar, yeast and 1 cup warm water in a large bowl. Let the mixture sit until it begins to froth, about 5 minutes, then add flour and mix until well combined. (If the dough is very dry, add more warm water a tablespoon at a time to moisten it.) Cover and let rise somewhere warm for about an hour.
2. Meanwhile, prepare a grill or cast iron skillet; the heat should be medium-high and the rack about 4 inches from the fire if you are using a grill. When the dough has puffed up, transfer it to a well-floured surface and knead until soft and silky, 5 to 8 minutes.
3. Cut the dough into 8 equally sized pieces and roll each one out until it's about 6 inches in diameter; don't worry about making these perfectly round, but try to keep them relatively even in thickness. Brush one side with olive oil and put as many on the grill or skillet, oiled side down, as will comfortably fit at one time. While the first side cooks, brush the side facing you with olive oil; when the breads begin to brown and puff up, flip them. When the second side is nicely browned, remove from the grill or the skillet and sprinkle with ground cumin and sesame seeds, if you'd like. Set aside.

Makes 8 flatbreads.

Recipe continued on reverse.



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Mediterranean Flatbread Pizzetas - continued

Savory Sautéed Summer Vegetables (topping for pizzetas)

Ingredients

4 Tbsp extra virgin olive oil
8 large cloves of garlic, crushed
1 medium red onion, sliced in strips
1 or 2 large summer squash, sliced with a cheese slicer in long, thin slices
1 or 2 large zucchini, sliced with a cheese slicer in long, thin slices
Large handful of cherry tomatoes, different varieties would be lovely
Large handful of basil, roughly chopped
Large handful of parsley, roughly chopped
Small handful or fresh mint, roughly chopped
1 Tbsp balsamic vinegar
1 cup of crumbled goat feta or chevre
½ cup shaved parmesan or other favorite hard cheese
½ cup toasted walnuts and/or pine nuts
1 cup of kalamata olives, sliced
Salt and freshly ground black pepper
A few pinches of paprika to sprinkle on finished pizzetas

Directions

Heat oil in a large heavy bottomed sauté pan until hot then add crushed garlic and stir fry for a minute. Add red onion. Sauté onion on high in garlic and oil until nicely browned or for approximately five minutes, depending on your heat. Add summer squash, zucchini, tomatoes, basil and parsley. Sauté on high until tender and tomatoes start to break down, approximately five minutes, depending on your heat. Add balsamic vinegar to deglaze sauté pan, sprinkle liberally with salt and freshly ground black pepper, turn heat off and set the pan aside.

To make Pizzetas:

Top flatbreads with sautéed vegetable mixture. Sprinkle generously with goat feta or chevre and/or parmesan shavings, toasted nuts, a little more chopped parsley and mint, and paprika.
Serve and devour immediately!

Recipe makes 8 pizzetas.



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