



Clams, Chilies, and Parsley Pizza

 Vegetarian

READY IN



1780 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 6 servings chili flakes
- 1.3 cups cooking wine dry white
- 10 grams yeast or fresh dry packed
- 0.3 cup olive oil extra virgin as needed
- 4.5 cups flour all-purpose
- 6 servings flour all-purpose
- 4 garlic cloves peeled smashed

- 1.5 cups heavy cream
- 2 teaspoons kosher salt
- 6 pounds manila cold scrubbed well
- 0.5 onion spanish peeled cut into chunks
- 0.5 cup parsley chopped

Equipment

- bowl
- baking sheet
- oven
- pot
- sieve
- hand mixer
- tongs
- pizza stone

Directions

- Watch how to make this recipe.
- Remove the pizza dough from the refrigerator at least 30 minutes before baking.
- Place 1/4 cup oil in a large pot over medium heat.
- Add onion, and saute until it is limp, about 5 minutes.
- Add garlic, bay leaf and a pinch of chili flakes. Reduce heat to low and cook 7 minutes longer.
- Add wine, and bring to a simmer.
- Add clams, cover pot, and cook till they start to open, about 10 minutes. As they open, use tongs to transfer them to a large bowl. When all clams are cooked and cooled, pluck out meat, and discard shells.
- Simmer liquid left in pot until it reduces to a thick, syrupy glaze, about 10 minutes.
- Add cream, and continue simmering until mixture is reduced by a quarter, 10 to 15 minutes longer. Strain through a fine-mesh sieve, and set aside.

- Take a pizza peel and dust the surface with flour. Form the dough into a 12-inch round.
- Working quickly, paint the entire surface of the pizza with one-quarter of the clam glaze. Scatter a dozen or so clams over the pizza and sprinkle with chili flakes.
- Drizzle with oil.
- Place peel into brick oven. Slide off the peel. Watch the pizza and continue to rotate it in the oven until all sides of the crust bubble up, allowing for some black bubbles, but not too many. (Approximately 2 minutes.)
- Take the pizza out of the oven and sprinkle with chili flakes and scatter with parsley.
- Repeat with the remaining dough balls and toppings.
- If using fresh yeast, mix 1 1/2 cups cold water and yeast together in an electric mixer until yeast is dissolved. If using dry active yeast, mix water and yeast and let sit until the yeast is foamy, about 5 minutes. Beat in flour and salt and mix with dough hook until the dough comes together to form a smooth, slightly elastic dough, 2 to 3 minutes. Do not knead.
- Place the dough into oil-coated bowl, cover loosely with plastic and store in the refrigerator for at least 24 hours and up to 3 days to proof. At Franny's we let it proof for 48 hours, at which point we feel the dough has the optimal texture and flavor.
- When you are ready to make the pizza, divide the dough into 4 equal pieces and shape into balls. Return the dough to the refrigerator to rest for 4 to 6 hours, or until needed, up to 12 hours.
- Remove the dough and let it sit at room temperature for at least 30 minutes before using (take the dough out of the fridge while you preheat the pizza stone). You can let it sit out longer as long as it doesn't get too soft and floppy, which will make it difficult to shape. Soft dough is also more likely to stick to the cookie sheet or pizza peel, making it harder to slide onto the stone. If the dough gets too soft, stick it back in the fridge for 10 minutes or so to give it a chance to firm up. Shape and top as directed for in the pizza recipe.

Nutrition Facts

  

 **PROTEIN 7.98%**  **FAT 42.49%**  **CARBS 49.53%**

Properties

Glycemic Index:42.33, Glycemic Load:56.52, Inflammation Score:-9, Nutrition Score:25.962173829908%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 710.97kcal (35.55%), Fat: 31.94g (49.14%), Saturated Fat: 15.16g (94.77%), Carbohydrates: 83.78g (27.93%), Net Carbohydrates: 79.54g (28.92%), Sugar: 3.09g (3.43%), Cholesterol: 67.24mg (22.41%), Sodium: 855.77mg (37.21%), Alcohol: 5.15g (100%), Alcohol %: 0.94% (100%), Protein: 13.5g (27.01%), Vitamin K: 92.02µg (87.64%), Vitamin B1: 1.01mg (67.34%), Folate: 237.16µg (59.29%), Selenium: 37.04µg (52.91%), Manganese: 0.85mg (42.27%), Vitamin B2: 0.71mg (42.04%), Vitamin A: 1890.24IU (37.8%), Vitamin B3: 7.06mg (35.31%), Iron: 5.7mg (31.68%), Vitamin E: 2.71mg (18.05%), Phosphorus: 178.11mg (17.81%), Fiber: 4.25g (16.98%), Copper: 0.27mg (13.59%), Magnesium: 43.81mg (10.95%), Vitamin C: 8.34mg (10.1%), Vitamin B6: 0.2mg (9.89%), Calcium: 93mg (9.3%), Vitamin B5: 0.9mg (9.04%), Potassium: 304.72mg (8.71%), Zinc: 1.27mg (8.47%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.1µg (1.61%)