



Grilled Pizza -Three Ways

READY IN



168 min.

SERVINGS



3

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large to 6 basil leaves shredded
- ☐ 3 servings pepper black freshly ground
- ☐ 4 dates whole pitted finely chopped
- ☐ 16 ounces flour all-purpose for peel and rolling
- ☐ 3.5 ounces mozzarella cheese fresh cut into 1/ slices
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 1 ounce prosciutto ham coarsely chopped
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon kosher salt
- ☐ 3 servings kosher salt
- ☐ 1 tablespoon malted barley syrup
- ☐ 2 tablespoons olive oil for bowl
- ☐ 2 teaspoons olive oil
- ☐ 3 teaspoons olive oil divided
- ☐ 5 teaspoons olive oil divided
- ☐ 0.5 ounce parmesan grated
- ☐ 1.5 ounces part skim mozzarella shredded
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 large tomatoes cut into 1/ slices
- ☐ 10 ounces warm water
- ☐ 1 envelope rapid rise yeast instant

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ grill
- ☐ stand mixer
- ☐ kitchen towels
- ☐ rolling pin
- ☐ dough scraper

Directions

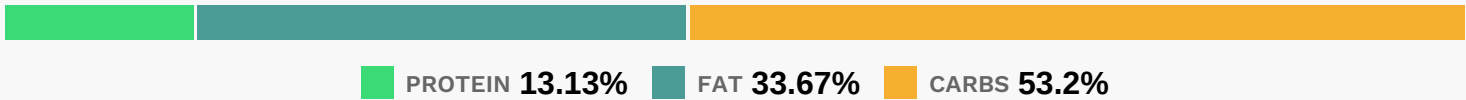
- ☐ Watch how to make this recipe.

- ☐ Special equipment: Vise-Grips
- ☐ Combine the flour and yeast in the work bowl of a stand mixer.
- ☐ Add the salt, water, 2 tablespoons of olive oil, and malted barley syrup. Start the mixer on low, using the hook attachment, and mix until the dough just comes together, approximately 1 1/2 minutes. Increase the mixer speed to medium and knead for 15 minutes. Tear off a small piece of dough and flatten into a disk. Gently stretch the dough until thin. Hold it up to the light and look to see if the bakers windowpane, or a see-through, taut membrane has formed. The dough will be quite sticky, but manageable. Fold the dough onto itself and form it into a smooth ball. Oil the bowl of the stand mixer or other large canister with 2 teaspoons of olive oil.
- ☐ Put the dough in the bowl and roll it around to coat with the oil. Cover with a tea towel or plastic wrap and leave at room temperature to double in size, approximately 1 hour. Split the dough into 3 equal parts using a knife or dough scraper. Flatten each piece into a disk on the countertop. Form each piece into a ball.
- ☐ Heat a gas grill to high and make sure the grill grates are clean and free of debris. Toss the tomato with 1 tablespoon of olive oil, the garlic, salt and red pepper flakes in a medium mixing bowl and set aside. Lightly flour the countertop and flatten 1 of the dough balls. Use a rolling pin to roll the dough into a 16-inch round, rotating and stretching the dough as you go.
- ☐ Transfer the dough to a lightly floured pizza peel and stretch to re-shape if necessary. Oil the grill grates and decrease the heat to medium.
- ☐ Brush the dough with 1 to 2 teaspoons of olive oil and flip onto 1 end of the hot grill, leaving room for the tomatoes on the grate.
- ☐ Put the prepared tomatoes on the grill, close the lid and cook until the bottom of the crust is golden brown and the tomatoes are softened, about 1 to 2 minutes.
- ☐ Brush the raw side of the dough with 1 to 2 teaspoons of olive oil, then immediately flip using the peel. Top with the grilled tomatoes, smashing and spreading the tomatoes to create a sauce.
- ☐ Sprinkle with the Parmesan, mozzarella and basil. Close the lid and cook until the bottom of crust is golden brown and the cheese has melted, another 1 to 2 minutes. Using the peel, remove the pizza to a cooling rack and let rest for 3 minutes before slicing.
- ☐ Heat a gas grill to high and make sure the grill grates are clean and free of debris.
- ☐ Layer 2 paper towels on a plate and lay the mozzarella slices in a single layer. Top with 2 more paper towels, a second plate, and a 2 pound weight. Set aside at room temperature for 20 minutes. Meanwhile, lightly flour the countertop and flatten 1 of the dough balls. Use a rolling

pin to roll the dough into a 16-inch round, rotating and stretching the dough as you go.

- ☐ Transfer the dough to a lightly floured pizza peel and stretch to re-shape if necessary. Oil the grill grates and decrease the heat to medium.
- ☐ Brush the dough with 1 to 2 teaspoons of olive oil and flip onto the hot grill. Close the lid and cook until the bottom of crust is golden brown, for 1 to 2 minutes.
- ☐ Brush the raw side of the dough with 1 to 2 teaspoons of olive oil, then immediately flip using the peel, brush with remaining 1 to 2 teaspoons of olive oil, and top with the Parmesan, prepared mozzarella, prosciutto, dates and thyme. Close the lid and cook until the bottom of crust is golden brown and the cheese has melted, about 1 to 2 minutes. Using the peel, remove the pizza to a cooling rack and rest for 3 minutes before slicing. To shape and cook cracker pizza: Lightly flour the countertop and flatten 1 of the dough balls. Use a rolling pin to roll the dough into an 11 by 17-inch rectangle to fit a standard, stainless steel cooling rack.
- ☐ Lay the dough sheet onto the rack and gently stretch around the edges, pinching to hold in place.
- ☐ Brush the dough with 1 to 2 teaspoons of olive oil. Season with salt and pepper, to taste. Attach the Vise-Grips to 1 end of the cooling rack to use as a handle. Turn a gas burner on high. Hold the rack about 2 inches above the flame, and move back and forth constantly until the bottom is golden brown, about 3 to 4 minutes. Carefully turn the dough over, brush with 1 to 2 teaspoons olive oil and season with additional salt and pepper, if desired. Cook, as before, until golden brown, an additional 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:87.81, Inflammation Score:-9, Nutrition Score:35.302173977313%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 994.56kcal (49.73%), Fat: 37.08g (57.05%), Saturated Fat: 10.56g (66%), Carbohydrates: 131.81g (43.94%), Net Carbohydrates: 125.05g (45.47%), Sugar: 8.53g (9.48%), Cholesterol: 44.27mg (14.76%), Sodium: 3406.16mg (148.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.09%), Vitamin B1: 1.56mg (104.15%), Selenium: 64.78µg (92.55%), Folate: 349.03µg (87.26%), Manganese: 1.28mg (63.93%), Vitamin B2: 1.05mg (61.98%), Vitamin B3: 11.16mg (55.78%), Iron: 8.21mg (45.62%), Phosphorus: 453.89mg (45.39%), Calcium: 382.51mg (38.25%), Fiber: 6.76g (27.05%), Vitamin E: 3.91mg (26.08%), Vitamin K: 22.92µg (21.83%), Zinc: 3.25mg (21.64%), Vitamin A: 945.84IU (18.92%), Copper: 0.34mg (17.24%), Magnesium: 67.09mg (16.77%), Vitamin B12: 0.99µg (16.49%), Vitamin B6: 0.29mg (14.59%), Potassium: 487.59mg (13.93%), Vitamin B5: 1.26mg (12.56%), Vitamin C: 10.17mg (12.33%), Vitamin D: 0.26µg (1.76%)