



## Spelt Crust Pizza with Fennel, Prosciutto, and Apples

READY IN



45 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.3 cup capers drained
- ☐ 4 servings cornmeal
- ☐ 1 large eggs
- ☐ 1 fennel bulb cored halved lengthwise sliced very thinly
- ☐ 1 apples i use 2 granny smith apples cored halved sliced very thinly
- ☐ 4 servings olive oil extra virgin extra-virgin for brushing

- ☐ 4 ounces pancetta thinly sliced
- ☐ 0.8 teaspoon sea salt fine
- ☐ 1 cup ricotta cheese
- ☐ 1 cup cream sour
- ☐ 8 ounces grain spelt flour whole
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup milk whole

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula
- ☐ rolling pin

## Directions

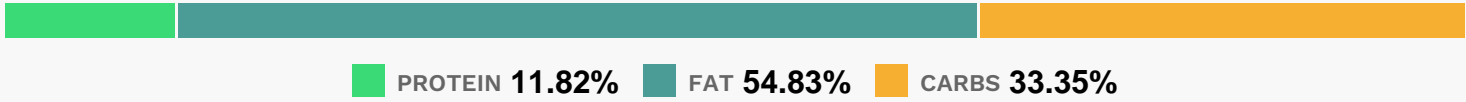
- ☐ Whisk together the spelt flour, baking powder, salt, and sugar in a large bowl. Make a well in the center. In a small bowl, combine the ricotta, milk, linseed oil, and the egg and beat with a fork until smooth.
- ☐ Pour the ricotta mixture into the well.
- ☐ Place the spelt flour, baking powder, salt, and sugar in the bowl and process for about 10 seconds. In a small bowl, combine the ricotta, milk, linseed oil, and the egg and beat with a fork until smooth.
- ☐ Pour the ricotta mixture across the top of the flour mixture and pulse, in 1-second intervals, just until a ball forms, 5 to 10 pulses. The dough will be fairly moist.
- ☐ Transfer the dough to a well-floured work surface. Lightly flour your hands and briefly knead 5 to 7 turns to get a smooth yet slightly tacky dough. Wrap the dough in plastic wrap and let sit at room temperature for 30 to 45 minutes to allow the bran in the flour to soften.

- ☐ Meanwhile, place a baking stone on a rack on the bottom shelf and preheat oven to 425°F. Liberally sprinkle a pizza peel with coarse cornmeal. Finely chop the white and light green parts of the green onions until you have 1/2 cup.
- ☐ Combine them with the sour cream, capers, and 1/4 teaspoon of the pepper in a small bowl. Finely chop the dark green parts as well (about 1/4 cup) and set aside for garnish.
- ☐ Unwrap the dough, transfer to a lightly floured work surface and cut into 2 pieces. Keep 1 piece covered with plastic wrap. Lightly flour your hands and briefly knead the other until smooth, 7 to 10 turns. Using a rolling pin, roll the dough into an elongated pizza, 11 by 8 inches and about 1/4 inch thick. Do this in stages, occasionally turning the dough over and rolling it out further, lightly flouring your work surface and the rolling pin each time.
- ☐ Place the dough on the pizza peel.
- ☐ Spread half of the sour cream topping across, leaving a 1/2-inch border. Cover with half of the apple slices, top with half of the fennel slices, and sprinkle with half of the prosciutto.
- ☐ Brush the border with oil.
- ☐ Slide the dough onto the baking stone and bake until the fennel just starts to brown at the edges and the rim turns golden brown and starts to crisp — it should yield when pressed with a finger — about 15 minutes. Use a large spatula to lift the edges of the pizza so you can slide the peel underneath; carefully transfer the pizza to a wooden board.
- ☐ Sprinkle with half of the reserved green onions and 1/4 teaspoon of the pepper.
- ☐ Cut with a sharp knife and serve at once. Repeat with the second pizza.
- ☐ To get a head start: The dough, as in steps 1 and 2, can be prepared 1 day ahead. Chill, wrapped in plastic wrap.
- ☐ Remove the dough from the fridge and unwrap; flatten it slightly, and allow to come room temperature while you prep the ingredients and preheat the oven, about 1 hour. To lighten it up: Feel free to use part-skim ricotta, lowfat milk, and lowfat sour cream, but do not use nonfat.
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innovative and delicious meals with whole grains.

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- ☐ done

## Nutrition Facts



### Properties

Glycemic Index:101.15, Glycemic Load:8.8, Inflammation Score:-7, Nutrition Score:18.549130439758%

### Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 14.43mg, Kaempferol: 14.43mg, Kaempferol: 14.43mg, Kaempferol: 14.43mg Quercetin: 20.83mg, Quercetin: 20.83mg, Quercetin: 20.83mg, Quercetin: 20.83mg

### Nutrients (% of daily need)

Calories: 804.17kcal (40.21%), Fat: 48.91g (75.25%), Saturated Fat: 17.53g (109.54%), Carbohydrates: 66.96g (22.32%), Net Carbohydrates: 55.1g (20.04%), Sugar: 10.64g (11.82%), Cholesterol: 132.59mg (44.2%), Sodium: 1265.53mg (55.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.44%), Vitamin K: 51.12µg (48.68%), Fiber: 11.85g (47.41%), Calcium: 369.56mg (36.96%), Phosphorus: 324.9mg (32.49%), Selenium: 22.11µg (31.59%), Iron: 4.63mg (25.75%), Vitamin B2: 0.37mg (22.03%), Vitamin E: 3.12mg (20.81%), Vitamin A: 856.92IU (17.14%), Potassium: 566.31mg (16.18%), Manganese: 0.27mg (13.34%), Vitamin B6: 0.26mg (13.25%), Zinc: 1.95mg (13.02%), Vitamin C: 10.1mg (12.24%), Magnesium: 47.02mg (11.76%), Vitamin B12: 0.67µg (11.11%), Vitamin B1: 0.16mg (10.49%), Vitamin B3: 2.02mg (10.11%), Folate: 39.9µg (9.98%), Vitamin B5: 0.96mg (9.62%), Copper: 0.17mg (8.3%), Vitamin D: 0.66µg (4.37%)