

Food & Drink

Barbecued pizza a delicious Father's Day treat

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Pizza For Papa

Tired of the same old barbecue recipes - let us recommend something different! And what better a time to try something new than this Sunday, June 15 - Father's Day.

This weekend invite family and friends over for a special barbecue in

Dad's honor. When your guests arrive, surprise them with a Make-Your-Own-Pizza Party. The excitement will begin when your guests discover that they will be cooking their pizza on an outdoor grill-rack on the barbecue. And the best part about it is that your guests make, garnish and grill their own pizzas.

Topping choices for pizza are endless. You can cut up an assortment of vegetables, meats, sausages, cheeses and fresh herbs and let your guests design their own dinner. The flavors they select will combine to create a unique meal. Cooking the pizzas on a grill-rack on the barbecue will make them taste as if they were cooked in a wood-fired oven - and all of this can be accomplished in the comfort of your own backyard. If you think grilling pizza sounds difficult, we've got an easy recipe.

Though no one place or cook lays claim to the traditional Italian pizza, it is well documented that pizza was a staple in the cuisine of Naples in the 18th century. It is believed that pizza's popularity in North America grew after the Second World War when soldiers brought the idea back from Italy. The classic combination of tomatoes and mozzarella cheese was introduced in the late 19th century, and contin-

ues to be enjoyed today.

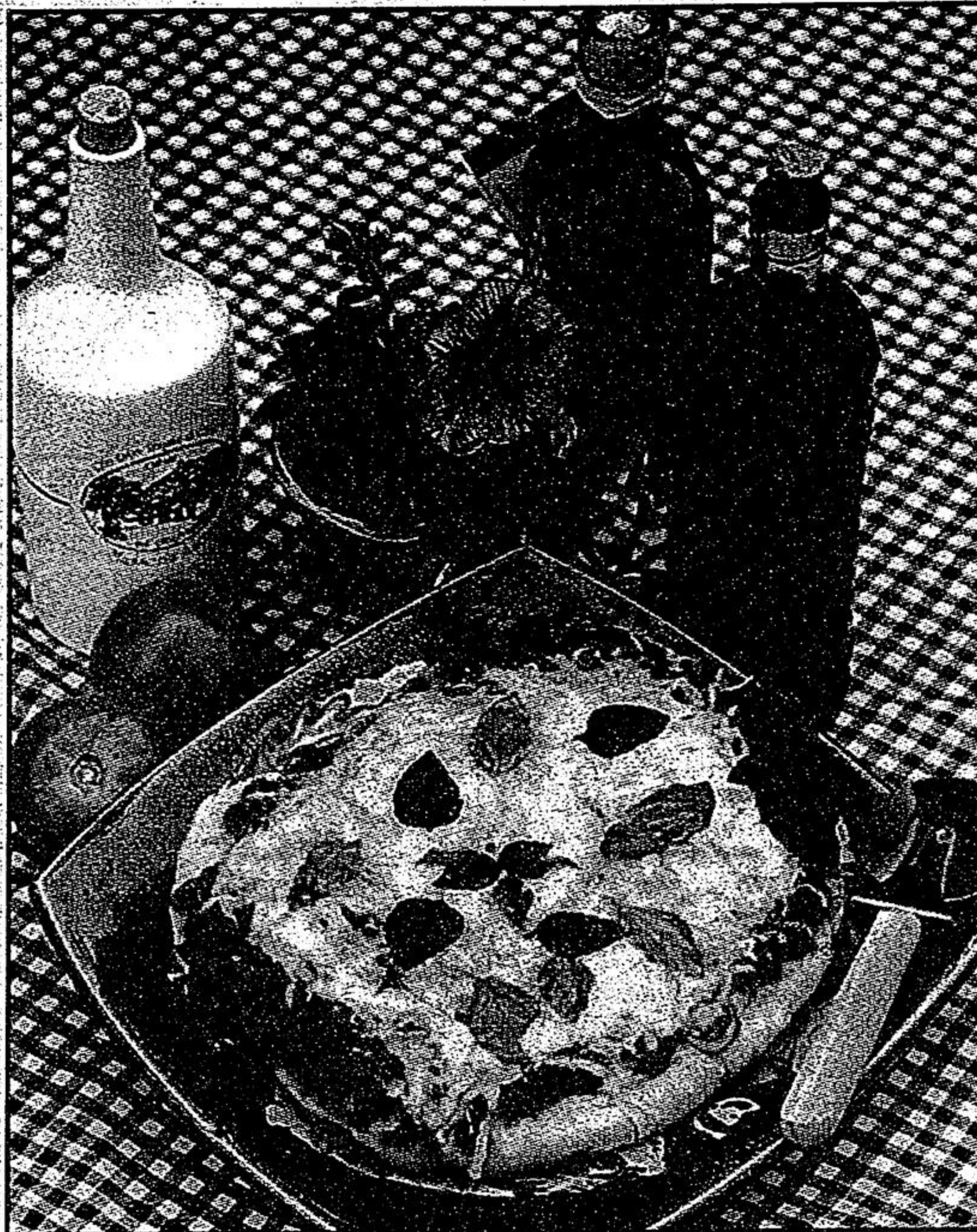
In North America, pizza is undoubtedly one of the most popular of all "Italian foods" enjoyed by all ages. And while it is quick and easy to order in a pizza, let me assure you it is extremely straightforward to create a delicious pizza in an equally short amount of time that will satisfy a wide range of appetites.

Today, pizza making is a snap. Prepared crusts can be purchased if you don't have time to make your own dough and they are a delicious alternative to the more-traditional yeast crust. Grated cheese is available in the refrigerator section of the grocery store although some of the fancier cheeses will have to be grated at home.

Select a variety of sliced meats from the deli with a selection of hot and cold sausages for guests to choose from.

In order to cook pizza on an outdoor grill you will have to purchase a grill rack for the barbecue. Once purchased, many foods - vegetables, fruits, chicken, meats, fish and shellfish can be cooked in a similar manner. You'll wonder how you ever managed without one.

Simplicity is the key when creating a new pizza sensation; however creativity is important and you can create a pizza that is



Cooking pizza on the barbecue is a fun and creative way to make a popular dish. Invite friends over and make a party of it. Photo by SJOERD WITTEVEEN



Food for Thought

Lisa Cartwright

Pizza ingredients easy to buy

Pizza Margherita

Nothing tastes better than food cooked on the barbecue.

Most people have had barbecued chicken, beef and even vegetables - but now it's time to try something different - pizza, grilled until the crust is puffy and golden.

Pizza Margherita

Both the sauce and the pizza dough is supposed to be made from scratch.

But if you don't have enough time - or you want the quick way out - both can be purchased at local grocery stores. (No Frills has pizza dough for \$.99).

The simple tomato sauce takes only a half an hour to cook. The sauce calls for either a can of plum tomatoes (Loblaws for \$.79) or stewed tomatoes which can be purchased from Dominion or A&P for \$1.39.

One onion is also required for the sauce. Depending on your preference, cooking onions can be purchased at Loeb for \$.89 or a Spanish onion for \$.49/lb at IGA.

The recipe also calls for olive oil (Fortinos for \$5.49), balsamic vinegar (No Frills for \$3.59), red pepper flakes (Village Grocer for \$1.69/pkg) and ground pepper (The Bulk Barn for \$3.99/lb).

Minced garlic cloves are needed for both the sauce and the pizza and can be purchased at any grocery store.

After the sauce is made, all you have to do is stretch out the dough, spread on the sauce and add the toppings.

Most of the grocery stores have mozzarella cheese on sale including Equality for \$5.49 at Dominion and A&P, Black Diamond for \$4.99 at IGA and Cracker Barrel for \$4.99 at Longo's.

Basil (The Bulk Barn for \$4.54/lb) and Parmigiano-Reggiano (Village Grocer for \$2.99/100g) are also needed.

Pizza recipe quick and simple

PIZZA MARGHERITA

PIZZA CRUST INGREDIENTS

- 2 CUPS ALL PURPOSE FLOUR
- 1/2 TSP SALT
- 1/2 TSP SUGAR
- 2 TSP QUICK-RISE YEAST
- 3/4 CUP WARM WATER (120-130)
- 1 TBSP OLIVE OIL

COOKING SPRAY

PREPARATION

1.) Combine the first four ingredients in a large bowl. Combine warm water and olive oil and pour into well in the centre of the flour mixture. Stir mixture with a wooden spoon until mixture forms a ball.

2.) Turn dough out onto a floured surface and knead until smooth and elastic (approx. 10 minutes). Place the dough in a large bowl lightly coated with olive oil cooking spray. Cover and let rise in a warm place for 45 minutes or until doubled in bulk. Punch dough down and divide into two pieces. Place two balls of dough on a lightly floured surface and cover. Allow dough to rest for 10 minutes.

3.) Work with one portion of dough at a time (cover remaining dough to keep from drying). Roll each portion of dough into a 10-inch circle on a lightly floured surface.

Yield: 2 (10 inch) pizza crusts.

SIMPLE TOMATO SAUCE

INGREDIENTS

- 1 TBSP OLIVE OIL
- 1 ONION, FINELY CHOPPED
- 2 GARLIC CLOVES, MINCED
- 1/8 TSP RED PEPPER FLAKES
- 1 28 OZ/796 ML ITALIAN PLUM OR STEWED TOMATOES
- 1 TBSP BALSAMIC VINEGAR
- 1/4 TSP FRESHLY GROUND PEPPER

PREPARATION

1.) In a saucepan, heat oil. Cook onion and garlic over medium heat until soft. Add red pepper flakes and continue cooking for an additional two minutes.

RECIPES

- 2.) Puree tomatoes. Add tomatoes and balsamic vinegar to onion mixture and cook over medium heat for 25-30 minutes or until thick.
 - 3.) Remove from heat and season with pepper. Cool sauce.
- YIELD: APPROX. 2 CUPS (500 ML)

PIZZA MARGHERITA ON THE BARBECUE

INGREDIENTS

This is a classic pizza that combines many of the delicious flavors of summer: tomatoes, onions, garlic and basil. It will be a real treat for Dad (and the rest of the family) on Father's Day!

- 2 TBSP OLIVE OIL
- 2 GARLIC CLOVES, MINCED
- 2 CUPS MOZZARELLA CHEESE, GRATED
- 1 CUP SIMPLE TOMATO SAUCE
- 1/4 CUP BASIL, CHOPPED
- 1/4 CUP PARMIGIANO-REGGIANO

PIZZA CRUSTS

PREPARATION

1.) Heat oil and garlic and cook until garlic is fragrant. Cool garlic oil slightly and reserve.

2.) Prepare barbecue grill and set at medium-low heat. Place one crust on a Barbecue Grill Rack that has been lightly coated with olive oil or cooking spray. Grill crust for 3-4 minutes or until crust is puffy and golden.

3.) Turn pizza crust over and brush with garlic oil. Spread 1/2 cup of mozzarella cheese on one of the pizza crusts, top with 1/2 cup of tomato sauce and an additional 1/2 cup of mozzarella cheese. Sprinkle 1/8 cup of Parmigiano-Reggiano over pizza and then top with 1/8 cup of chopped basil. Grill pizza for 4 to 5 minutes or until cheese melts and crust is lightly browned. Repeat with remaining crust and toppings. Let pizzas stand for a few minutes before serving.

YIELD: 2 10 INCH PIZZAS