

PIZZA, PIZZA, PIZZA

[Notes: Made it the 90 miles back from my granddaughter Iris' 5th birthday party in Traverse City, but stayed at the part just a little too late and the oncoming storm (and supposed blizzard coming on Sunday) caught us with its leading edge, forcing us to drive at a crawl. The roads turned to "black ice," with cars off the road in the ditch and our tests for slippery-ness showing fishtailing ourselves. And so, we had to drive very slow. When we got back our driveway was solid ice and I had to creep into the house, get my ice-cleats on so that I could unload the car.]

They had pizza at the party, but I can't cheese for health reasons, so Margaret and I had some little vegan pizzas that were, at best, tolerable. However, here at home I have mastered (at least for myself) how to make non-cheese pizzas that are delicious. Here's how:

One thing that I miss now that I'm being forced on a vegan+ diet is pizza. What pizza means to me had already morphed over the decades from fat American crust, to deep crust (Chicago-style) pizzas, and finally on to thin-crust pizza where I am now.

Today, I am cheese-less in pizza and while I thought at first that I would terribly miss cheese, when I thought about it a bit, it often was too much cheese that made me regret eating as much pizza as I used to.

And like many things that I regret I am no longer able to eat, pizza has been until now one of those things

that I don't eat (that is with ersatz chees) out of protest and refuse to find surrogates for, etc, Pizza has been a hold-out. And, as mentioned, I particularly did not like the idea of a barren crust with a few shriveled veggies on it and no cheese.

However, lately in this several-week journey here alone without my wife (she was traveling). I cast about for things to eat. And I found myself studying organic (or near-so) pizza crusts online, looking at their ingredients, and so on.

And suddenly I realized that I could do this, that I might be able to come up with a cheese-less that would be worth eating. And I did.

First, I found a brand of crust that was made of sprouted whole-grains (wheat berries, quinoa, oat groats, barley, rye berries, amaranth), with water, whole-wheat flour, sunflower oil, wheat gluten, organic honey, oat fiber, and that contains 2% or less salt, molasses, and very little yeast.

The brand is Angelic Bakehouse Sprouted Seven-Grain 12" Flatzza, and they come two to a pack for \$8.73 (for two) on Amazon Prime, which is \$4.36 a crust.

https://www.amazon.com/gp/product/B00J13AGYW/ref=ppx_yo_dt_b_asin_title_o03__o00_s00?ie=UTF8&psc=1

There is one other thing you need and that is a 12" stainless-steel round rack. Here is the one I bought and it is made very well, thick steel-welded cross-wire net and raised from the base plate quite high, which is

necessary to get both sides of the crust properly browned.

https://www.amazon.com/gp/product/B07JLWXHGP/ref=ppx_yo_dt_b_asin_title_o02__o00_s00?ie=UTF8&psc=1

And here is how I put it all together. I brushed olive oil on both sides of the crust and then laid the crust on the 12" round oven rack. On this I then spread a thin layer of red sauce, not too thick. On top of that (as shown in this photo) chopped fresh onion, chopped fresh (not cooked) mushrooms, fresh chopped green pepper (here red pepper), a ring of sliced small tomatoes, a few sliced zucchini, and some chopped banana peppers.

Heat the oven to 450-degrees, cook for 24-25 minutes or until the crust is crispy. The veggies will not be cooked too much, so they will have a fresh feel and taste.

Take the finished pizza out, cut it in slices, enjoy. I find it really good.

[Photo by me with my iPhone.]

“As Bodhicitta is so precious,
May those without it now create it,
May those who have it not destroy it,
And may it ever grow and flourish”

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http://traffic.libsyn.com/spiritgrooves/Links_to_Michael_Erlewine-V2.pdf

