

## Pan-fried Pizza

**you don't need an oven to cook a pizza**

This was a meal we tried while camping. Cooked in a frypan on the gas stove, it wasn't much different to the oven-baked version, except that the cheese didn't brown. Alternatives for the base could be: pita bread, or a shop-bought pizza base. The only proviso is that it fits in the pan which will need a lid or cover. I made a couple of gluten-free versions, but wasn't impressed with the results – the recipe below didn't rise properly, and adding an egg made it taste like a pancake. If you don't mind that, you could give it a go.

### Pizza Dough:

175g plain flour  
2 tsps baking powder  
1 level tsp ground oregano  
30ml light-tasting olive oil  
100ml water  
¼ tsp salt (optional)



### Sauce:

Depending on the size of the base, 2-3 Tbsps sauce. This can be a mixture of ketchup, barbecue sauce or similar, Worcestershire sauce, plus whichever spices you like.

### Pizza Topping:

Any sliced or chopped meat that has been smoked or pre-cooked; tomato, capsicum, mushroom, olives etc; and if vegetables are used, cook them first. Finally a cup of grated cheese.

Mix the flour, baking powder, oregano and salt in a bowl. Pour the oil on the dry ingredients and combine well with the back of a fork to produce a fine-breadcrumb consistency. Add the water a little at a time, stirring to combine to the point where the dough clings together and is able to be handled without sticking to the fingers. Knead for 30 seconds and form into a ball. Place in the centre of a sheet of baking paper big enough to fit the frypan, and some. Press down with the flat of the hand, put another piece of baking paper on top and begin rolling, lifting the paper occasionally to pat in the sides and retain the shape of the pan. The size should be that of the pan-base, or slightly bigger. Leave the underside paper on when placing in the pan, remove the top sheet, cover the pan and rest the dough for about 20 minutes.

Cover and pre-cook the dough on a low to medium burner for 6 minutes – use a heat diffuser if you have one. Allow to cool slightly, then flip onto a clean piece of baking paper and return to the pan. Spread with sauce and arrange the rest of the topping. Finish off with grated cheese, then return to the stove. Cover and heat until the cheese has melted. Ours took about 30 minutes.

**A Season of Happiness - helping you towards a better lifestyle**



For a look at some more informative articles on a variety of subjects just return to the web page