

Any Way You Slice It: Sourdough Crust Pizza Sensational For Pizza Month

(NAPSA)—Sourdough breads and pizzas aren't merely delicious. With a few tips, and a little patience, they can be easy too.

It's possible to create a viable sourdough culture, and your first sourdough bread or pizza, in as little as two or three days.

Here are tips from Fleischmann's Yeast for the best possible results in starting your own Sourdough Starter!

- Don't use metal bowls or utensils with your sourdough starter; they could affect the taste.
- Preferred storage containers for sourdough starters are stoneware, glass or wood.
- As your sourdough ferments, it may turn darker. But if it changes colors (goes pink or orange, for instance), throw it out and start over.

• Most home-bakers keep their sourdough starter in the refrigerator between use and/or "feedings." While in the refrigerator, sourdough fermentation slows greatly, but does not stop. Feed your sourdough starter at least once each week, and leave the sourdough starter at room temperature for at least 12 to 24 hours after the feeding, before returning it to the refrigerator.

For a classic recipe for sourdough bread, visit the "Classic Breads" recipe section of www.breadworld.com.

To mark National Pizza Month (October), Fleischmann's Yeast has created a special sourdough recipe for Sourdough Crust Pizza. This vegetarian pizza features sliced fresh mushrooms and green peppers, and a rich, gooey three-cheese blend. The recipe offers the time-saving benefits of Fleischmann's RapidRise Yeast.

Continuing a legacy of *Helping Bakers Bake*, Fleischmann's Yeast offers a toll-free help line for those who need assistance at 1-800-777-4959 and a web site, www.breadworld.com.

Sourdough Crust Pizza

Ingredients

Dough
 $\frac{3}{4}$ cup sourdough starter
 (recipe follows)



Sourdough Crust Pizza features sliced mushrooms, green peppers and three gooey cheeses.

- 2- $\frac{1}{2}$ to 3 cups all-purpose flour
- 1 tablespoon sugar
- 1 envelope Fleischmann's RapidRise Yeast
- 2 teaspoons salt
- $\frac{3}{4}$ cup water
- 2 tablespoons peanut oil

Topping

- 1 (6-ounce) can tomato paste
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup peanut oil
- 1 teaspoon crushed dried oregano leaves
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 cup sliced fresh mushrooms
- $\frac{3}{8}$ cup sliced green pepper
- $\frac{1}{4}$ cup grated Romano cheese
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2- $\frac{1}{2}$ cups shredded mozzarella cheese

Stir sourdough starter before measuring. Measure out $\frac{3}{4}$ cup and bring to room temperature.

In large bowl, combine $\frac{3}{4}$ cup flour, sugar, undissolved yeast, and salt. Heat water and peanut oil until very warm (120° to 130°F). Gradually add water mixture and starter to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl

occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Meanwhile, combine tomato paste, water, peanut oil, oregano, salt, garlic powder, and ground pepper. Stir to blend.

Divide dough in half. Roll each half to 12-inch circle. Place on greased pizza pans; form a standing rim by pinching the edge of the dough. Prick with fork; let rest 10 minutes.

Par bake at 450°F for 7 minutes. Remove from pans; place on wire racks. Spread tomato mixture evenly on each pizza crust. Sprinkle with mushrooms, green pepper, and cheeses. Bake on wire rack at 450°F for 10 minutes. Serve warm.

Sourdough Starter:

- 3 cups all-purpose flour
- 1 tablespoon sugar
- 1 envelope Fleischmann's RapidRise Yeast
- 2 cups very warm water (120° to 130°F)

In a large bowl, combine flour, sugar and undissolved yeast. Gradually add water to flour mixture; stir until smooth. Cover loosely; let stand in warm place until bubbly and sour-smelling, about 2 days.

Starter may darken, but if it changes to another color, discard and start over. To store, cover and refrigerate.

To replenish and keep starter alive: Once a week, stir in equal amounts of all-purpose flour and warm water (100° to 110°F).

Beat until smooth. Cover and let stand in warm place until mixture is bubbly and sour-smelling and a clear liquid has formed on top, about 12 to 24 hours. Use or cover and refrigerate until ready to use.