**Fast & Easy Pizza Crust**

Yield: One 12 inch pizza

**Ingredients:**

125 ml Lukewarm water

5 ml Sugar

15 ml Quick rise yeast

15 ml Oil

375 ml Flour

5 ml Salt

15 ml Yellow cornmeal

**Method:**

1. Preheat oven to 450'F. Lightly grease a 12" pizza pan. Sprinkle with cornmeal.

2. Put 125 ml lukewarm water into a liquid glass measuring cup. Add sugar stir to dissolve. Sprinkle yeast overtop. Stir. Let sit until yeast activates (about 5 minutes)

3. In a large bowl, combine the flour, salt & cornmeal. Mix well.

4. Add oil to yeast mixture. Stir. Add to dry ingredients. Mix well.

5. Knead to a smooth dough (about 10 minutes).

6. Roll dough into  13" circle.

7. Line prepared pizza pan with dough.

8. Form crust & crimp edges.

9. Add your favourite sauce, shredded cheese & toppings.

10. Bake for 10 - 15 minutes or until crust is golden.

How to make Caramelized Onions:

\* slice/dice desired amount of onions to desired thickness

\* preheat frying pan over medium heat

\* Add a bit of butter, heat through

\* Add onions

\* cook on medium for about 2 minutes or until sizzling nicely

\* Turn heat to low (about '2") & cook slowly for about 20 minutes, stirring occasionally

\* They should be very soft (almost mushy) & golden ( but not hard & crunchy

\* Sweet & delicious!!!!!

**Whole Wheat Pizza Crust**

Yield: One 12 inch pizza

**Ingredients:**

250 ml All purpose flour

125 ml Whole wheat flour

30 ml Flax meal (ground flax seeds)

15ml Quick-rising yeast

2.5 ml Salt

150 ml Very warm water

10 ml Olive oil

10 ml Liquid honey

15 ml Cornmeal

Olive oil cooking spray

**Method:**

1. In a large bowl, combine both flour, flax meal, yeast & salt. Mix well.
2. Measure warm water into a liquid glass measuring cup. Add olive oil & honey. Mix to dissolve.
3. Pour liquid mixture over dry ingredients. Mix, using a wooden spoon, to form a ball.
4. Turn dough out onto a lightly floured surface. Knead for 2 minutes.
5. Spray a medium bowl with olive oil spray. Place dough in bowl. Cover with plastic wrap.
6. Let rise in a warm place (about 10 minutes)
7. Meanwhile, spray a 12” pizza pan with olive oil spray. Dust with cornmeal.
8. Preheat oven to 425’F.
9. When dough has risen, turn out onto a lightly floured surface. Roll dough into a 13” circle.
10. Transfer dough to prepared pizza pan. Fold dough edge underneath the form crust.
11. Bake for 12-15 minutes or until edges & underneath are lightly browned.