

Fate Pizza

Ingredients

- 500g Fate Low Protein All-Purpose Mix
- 1 sachet of yeast (enclosed with the Fate Mix)
- 2 teaspoons salt
- 120ml oil or 50mls for the lower fat version
- 2–3 drops suitable gravy browning
- 450ml warm water
- Extra Fate All-Purpose to shape



Method

1. Place the Fate All-Purpose Mix into a mixing bowl. Add the sachet of yeast, the salt and stir.
2. Measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.
3. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, quickly mix well to get everything blended together.
4. Continue to mix for about 1 minute.
5. Place some mixture onto a greased baking tray or into a flan tin. Using your hands, dusted with All-Purpose Mix, gently pat the mixture out into the shape and thickness that you want for the pizza base. (Remember that the finished pizza will be at least double the thickness when it's cooked).
6. Cover and prove in the usual way, then top with a suitable topping to taste.

Suitable Toppings

Tomato pasta sauce, such as Tesco's original, or Napolina pizza topping

Herbs such as Basil and Oregano

Then, a selection of some, or all of these

Onion, sliced or chopped

Peppers, sliced or chopped

Mushrooms, sliced or chopped

Courgettes, sliced

Method

1. First, spread a layer of tomato sauce onto the base, then, add a sprinkling of basil and oregano. Add the vegetables.
2. Bake in a preheated oven, Gas Mark 6/ 200°C/400°F for about 25 minutes, depending on how much topping is used.
3. The pizzas freeze well.

This recipe has been provided by ©Fate Special Foods

National Centre for Inherited Metabolic Disorders