

Kale & Mushroom Pizza

Kale is super-versatile: delicious steamed and soft, or fried and crispy; this recipe is both! Homemade pizzas sound like a lot of faff, but are really easy. This recipe is influenced by Hugh Fearnley-Whittingstall, and apprentice Dave's mum; Hugh goes for a 'proper' pizza base, leaving the flour and yeast dough in a warm place to rise for a couple of hours. However we get similar results (but crispier) with self-raising flour, below, in a fraction of the time.

Serves 4

250g self raising flour
150ml warm water
pinch salt
3 tbsp olive oil
2 cloves garlic, crushed
2 onions, finely sliced
2 large handfuls kale leaves (red Russian, curly or cavolo nero)
80g cheese, grated
handful mushrooms, sliced
sea salt & black pepper
50g blue cheese (optional)
½ small chilli, deseeded & sliced (optional)



SXC

Preheat the oven to 220C and place a couple of baking sheets inside. Mix the flour and salt together in a large bowl and add enough water to make a dough. Bring it all together until it leaves the bowl clean, and knead on a lightly floured surface for a few minutes until smooth. Heat two tablespoons of oil in a frying pan and fry the onions gently until golden; then add the crushed garlic. Shred the kale leaves and stir in; add the chilli if using, and season. Divide the dough in half and roll out very thinly into two large circles, and place on the hot baking sheets. Place the kale mixture on top, grated cheese and crumbled blue cheese if using. Add sliced mushrooms and a drizzle more oil; bake for 12-15 minutes until crispy, and serve with salad.



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