

---

## Candied Smoked Tuna Pizza

---

### For the dough:

1 cup	Gold Forest Grains soft wheat flour	250 mL
2 cups	Gold Forest Grains Park wheat flour	500 mL
1 Tbsp	salt	15 mL
1 to 1¼ cups	warm water	250 to 300 mL
2 tsp (1 pkg)	active dry yeast	10 mL
1 tsp	Coal Lake Honey Farms mixed flower honey	5 mL
6 Tbsp	Mighty Trio Organics cold pressed canola oil	90 mL

**Preheat oven** to 220C/450F.

- In a large bowl, combine the flours and salt.
- Make a well in the centre and pour in the warm water, yeast, honey and oil.
- Stir the yeast mixture in the middle of the well in the flour and allow to sit for 10 minutes or until the yeast goes frothy and bubbly.
- Work the flour into the active yeast mixture and turn out on to the counter.
- Knead the dough for about 10 minutes, adding water if the mixture is too dry and a bit of flour if the dough is too wet.
- When the dough has been kneaded adequately into a soft, smooth dough, place in a oiled bowl, cover with plastic wrap and leave in a warm place (I put it next to my preheated oven) for an hour.

### For the toppings:

¼ lb	Candied smoked albacore tuna, torn into rough strips	100 g
9-10	Edgar Farms asparagus spears, cut in half	9-10
2	medium Doefs bell peppers (yellow, red or orange)	2
½	medium Doefs eggplant, cut into 2 cm/1" dice (pan roasted in 2 tsp oil for 5-7 minutes until browned)	½
¼ cup	Sylvan Star herb and garlic gouda, shredded	50 mL
¾ cup	Sylvan Star Grizzly aged gouda, shredded	175 mL
¼ cup	tomato paste + 1/4 cup milk + 2 Tbsp fresh chives + ½ tsp dried chilli (for sauce)	
½ cup	Greens Eggs & Ham shungiku (or other baby green like arugula)	

- On a small baking sheet lay out the asparagus spears and bell peppers, drizzle with 1 or 2 tsp of oil and roast for 20 minutes. Remove from oven to cool, placing the roasted peppers in a bag to steam off the skin.
- Stir together the tomato paste, milk, chives, and dried chillis in a small bowl for the sauce and set aside.
- Peel the roasted peppers and tear into rough 1cm(1/2") wide strips. Set aside.
- Once the dough has risen for an hour, divide into two equal sized balls of dough. Invert a baking sheet so the bottom of the pan is facing upward. Lightly oil the baking sheet and stretch one ball of dough until about 1cm(1/2") thick.
- Place the stretched dough on the inverted, oiled baking sheet, spread with 2-3 Tbsp of the prepared tomato sauce.
- Lay out lengths of roasted asparagus and peppers evenly over the sauce. Dot with chunks of pan-roasted eggplant and strips of shredded candied smoked tuna.
- Tear over the shungiku evenly and top with the shredded cheeses.
- Repeat with the other ball of dough and the remaining ingredients on another pan.
- Bake the pizzas on the middle or upper racks for 10-12 minutes, turning the pan half way through the baking process, until deeply golden in colour. Makes 2-25cm(10") pizzas.

Preparation Time: 1 hour

Cooking time: 10-12 minutes

Serves 3-4.