Pizza verde

Recipe by V-ZUG Ltd.

Preparation	1 Hrs
Resting time	1 day2 Hrs 15 Mins
Cooking time	4 Mins
Portions	4
Appliance	Combair V6000 45P from 2021

A special fully plant-based pizza made with a creamy bean and spinach sauce, artichokes, rocket and cherry tomatoes – light, balanced and full of flavour.

Starter (poolish)

200 ml water

1 tsp sugar

5 g yeast, crumbled

200 g Manitoba flour (type 0)

Main dough

225 ml cold water

500 g Manitoba flour (type 0)

20 g fleur de sel

50 ml cold water

Sauce

1 tbsp olive oil

1 shallot, finely chopped

1 clove of garlic, finely chopped

100 ml vegetable bouillon

100 g cannellini beans (tinned), rinsed, drained

100 g frozen spinach, coarsely chopped

1 tbsp vegan pesto verde

1 tsp fleur de sel

Some lemon juice

Some pepper

Topping and baking

Some Manitoba flour for shaping

200 g pickled artichokes, drained, quartered

50 g pitted green olives, halved

50 g rocket

100 g cherry tomatoes, halved

Some fleur de sel

Some pepper

1 lemon, grated zest

Some olive oil

Starter (poolish)

Put the water, sugar and yeast into a sealable container and stir together well. Add the flour and stir to a sticky dough. Cover the dough and leave to rest at room temperature for about 1 hour, then leave to rest in the refrigerator for between 18 and 24 hours.

Main dough

Put the water and starter in the bowl of the food processor and mix well. Add the flour and, using the dough hook, knead on a slow speed for about 5 minutes until a sticky dough forms. Add the salt and continue kneading on a medium speed. Gradually pour in the remaining water and knead for about 5 minutes until the dough is smooth and pulls away from the side of the bowl easily. Place the dough on the work surface, shape into a ball, brush with a little olive oil, then cover and leave to rest for about 15 minutes.

Shaping and folding

Use the dough scraper to gently ease the dough from the work surface and then with lightly oiled hands pick up the dough in the middle so that it comes away from the work surface. Slap the dough back down onto the work surface while turning the dough over slightly in one smooth motion so that the two ends overlap slightly. Repeat this process until a compact ball of dough forms. Each time the dough is picked up, the ends become shorter and the dough more compact. Place the ball of dough in a lightly oiled bowl, cover and leave to rest for about 1 hour.

Portioning

Place the dough on the work surface. Lightly brush the top of the dough with oil and divide into four portions. Shape these into compact balls, making sure the oiled top side faces upwards and the bottom stays closed. Place the balls, top-side up, on a baking tray or in a proofing box. Lightly brush the top of the portions of dough with oil again, cover and leave to rest at room temperature for about 1 hour.

Sauce

Heat the olive oil in a pan. Add the shallots and garlic and sweat over a medium heat for about 5 minutes. Add the bouillon and cannellini beans, cover and allow to simmer for about 5 minutes. Put the beans with the liquid and other ingredients in a jug blender and purée until smooth and creamy.

Shaping

Put the pizza steel into the cold cooking space and preheat to 350 °C using the Professional pizza mode. Put some flour in a deep plate. Using a dough scraper, gently remove the first portion of dough and coat in flour. Using your fingers, press the dough from the centre outwards to form an outer crust. Turn the dough over, work it again from the centre outwards. Place one hand in the centre of the dough and use the other to carefully stretch it outwards, turning the dough slightly each time, to get the desired size (about ø30 cm).

Put the tray in

(Pre-)heat cooking space to 350 °C with Professional pizza

Topping and baking

Spread a ¼ of the pumpkin sauce over the dough, scatter over a ¼ each of the artichokes and olives. Carefully but quickly slide the pizza with its toppings onto the pizza peel, transfer straight onto the preheated pizza steel and bake for about 4 minutes until crispy. Top the pizza with the cherry tomatoes and rocket, season with some fleur de sel and pepper. Grate over some lemon zest and drizzle over some olive oil.

Put the pastry in

Professional pizza 350 °C for 4 Mins

Tips

Key is to prepare and bake only one pizza at a time or else the dough will become too soft and the topping will make it too moist. It will also be difficult to slide onto the pizza peel.

If the dough is too sticky, sprinkle some durum wheat semolina or semolina on the work surface before shaping.

Manitoba flour (type 0) is available from larger supermarkets and Italian delicatessens. Its high protein content makes it particularly suitable for making pizza dough. Pizza flour can also be used in place of Manitoba flour.

The PizzaPlus function can be used instead of Professional pizza. It bakes at temperatures of 280 °C and as high as 300 °C with pyrolytic ovens. The baking time is extended by 1 to 2 minutes.

Accessories

Pizza steel

Pizza peel

Additional information

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