

Quick Pizza

Nothing beats a home-made **English**¹ pizza.

Ingredients

- 100 g self raising flour
- 2.5 ml salt
- 75 ml cooking oil
- 45 - 60 ml water
- 1 small onion skinned and chopped
- 400 g can of tomatoes drained and chopped
- 5 - 10 ml dried mixed herbs
- 25 g butter
- 100 g cheese cut in small cubes
- a few olives and/or anchovy fillets
- FAIRTRADE** freshly ground black pepper

To serve

Goes well with a green salad.²

Variation

None

Method

Mix the flour and salt and stir in 15ml (1 tbsp) oil and enough water to make a fairly soft dough.

Roll out into an 18cm (7 in) round and fry on one side in the remaining oil in a large frying pan.

Meanwhile make the topping by frying the onion tomatoes and herbs in the butter.

Turn the dough over and spread with the tomato mixture, the cheese, and a few sliced olives or anchovy fillets.

Fry until the underside is golden and then place under a hot grill until the cheese is golden and bubbling.

Serve hot, cut into wedges.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/green_salad.htm