

**OVERALL time: 50 mins**

# Neapolitan Style Pan Pizza

Who says Neapolitan-style Pizza has to be complicated? Our **NEW Garlic Liquid Seasoning** brings rich, garlicky flavour straight to your pizza - no peeling, chopping or extra prep needed. A generous squeeze is all you need to enjoy restaurant-style taste in a fraction of the time.

Metric

**Number of servings : 2**

## ingredients

### For the dough

- 400 g white bread flour, plus more for dusting
- 2 tsp **Cape Herb and Spice Atlantic Sea Salt**
- 1 tsp instant yeast
- 275 ml warm water

### For the sauce

- 400 g tin diced tomatoes
- 1 Tbsp olive oil
- 1 tsp **Cape Herb and Spice Atlantic Sea Salt**
- Handful fresh basil, torn into little pieces
- 2 Tbsp **Cape Herb and Spice Liquid Garlic**

### For the toppings

- 2 balls fior de latte mozzarella, torn into chunks
- Small handful fresh basil leaves

### To taste

- **Cape Herb and Spice Extra Bold Black Pepper**

### Special Equipment

- 26cm cast iron pan

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 20 mins**

*Organization tips:*

*Make the dough the morning you'd like to have a pizza evening.*

*About 30 minutes before you make your pizzas - tear the mozzarella into chunks and then place on a plate in the fridge lined with a clean dish cloth or a few layers of paper towel to drain away excess moisture.*

For the sauce:

Blend the tinned tomatoes with an immersion / stick blender in a bowl.

To that add the olive oil, **Cape Herb & Spice Sea Salt**, torn up basil and **Cape Herb & Spice Liquid Seasonings Garlic**.

Taste to adjust seasoning.

Depending on your brand of tinned tomatoes - if they are quite acidic - add a little pinch of sugar to balance the flavour.

For the dough:

Combine flour, **Cape Herb & Spice Sea Salt**, yeast, water and oil in a large bowl.

Mix until a dough comes together.

Knead into a ball.

Cover the bowl tightly with plastic wrap.

Rest at room temperature for 8 hours or up to 24.

Divide dough into 2 pieces and form each into a ball.

Oil your hands lightly and oil two baking trays.

Place 1 ball of dough on each tray and turn to coat evenly with oil.

Press dough flattening it slightly and creating a nice dough border.

At this point you don't want to fully shape the pizza as you need to still transfer it into the pan.

Leave dough at room temperature and preheat the oven on the grill setting and move your oven rack to the top position.

Place the cast iron pan on the stove and preheat.

Once your pan is hot carefully transfer the first pizza round to the pan.

Press the dough carefully into the pan fully stretching it out now but working very quickly so you don't burn.

Again working quickly, spread some of the tomato sauce evenly over the dough, leaving the outer crust / border free of sauce.

Top with mozzarella chunks.

Transfer pan to the oven under the grill.

Cook until pizza is nicely puffed up and charred in spots.

Around 4-5 minutes, depending on the strength of your grill.

Return the pan to the stovetop and then cook a little longer until the bottom is charred and well cooked, use a spatula to lift the base up and keep an eye on it.

Transfer the pizza to a cutting board and slice.

Serve immediately with some extra torn basil and freshly ground black pepper.

Repeat steps to cook remaining pizza.

<https://capeherb.co.za>

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