

# Everyday-Chef-Class-#2

## Pizza making

By Barbara Carstensen

With great enthusiasm and good humor, Romeo's Chef Harry McCullough led this week's "Everyday Chef" class, featuring whole wheat pizzas and healthy salads.

The five teams of participants started with raw ingredients to produce their own pizza dough, using whole wheat flour from the Historic Adventure Farm in Greencastle. Harry is a believer in using as many local products as possible and wants to support this organic grower. This flour is a staple at Romeo's.

Each group was encouraged to knead, shape and stretch their dough with energy, noting that lingering aggressions could be taken out on the dough with no harm done.

While the dough was rising, the groups cleaned and cut up a wide range of vegetables to be used for pizza toppings and salads. Romaine lettuce was used since it adds more fiber, nutrients and flavor than Iceberg lettuce. Hints on chopping methods were given as we were working. Simple salad dressings were created using 3 parts oil (in this case soy

oil) to 1 part vinegar, enhanced by oregano and sage.

Then it was time to put together the pizzas. Some of the braver students tried throwing and twirling the dough, as each team chose the toppings to be used on their pizza. Some great combinations appeared! A large variety of vegetables such as broccoli, red onions, mushrooms, and all colors of peppers can be used to make a colorful and nutritious pizza.

A good gauge of how much cheese to add is, "Can you still see your vegetables?" It was suggested that chopped cashews can be used instead of

**Fun with cooking -**  
Fay Grove and Greg Babich get their pizzas ready to toss!

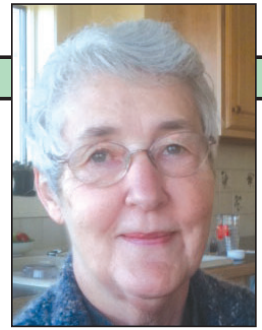
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Elizabeth  
George  
MD

cheese. Harry's rich, freshly made tomato sauce was delicious!

While the pizzas baked, we all made and ate our own salads from the available vegetables and lettuce. Then we set about sampling as many of the pizzas as we had room for, feeling accomplished and healthy and stuffed all at the same time!

As we were eating, Harry maintained a running commentary on other food combinations and other ideas he has for his restaurant.

Everyone helped clean up afterwards, with Cecelia Parker getting special praise for doing LOTS of pots and pans. As we left, all w o n - d e r e d where t h e next cooking adventure will take us.



BARBARA  
CARSTENSEN

