

Nettle Pizza

Sourdough pizza dough:

½ cup starter

½ cup water

1 ¾ cup flour

½ T salt

½ T olive oil

Toppings:

1 ½ gallons nettle tops

2 onions, sliced

salt and pepper

1/2-3/4 lb mozzarella

3+ garlic cloves, sliced

Pancetta (optional)

Mix dough until smooth and elastic, let rise

Caramelize onions with salt and pepper until dark and sweet

Remove larger stems and petioles from nettles, blanch 1 minute in salted boiling water, drain and rinse with cold water until cold. Squeeze out most of the water. Chop and fluff.

Oil a pizza pan, transfer risen dough to oiled pan, turn over to oil both sides, spread to pan edges by pressing with your fingers and palms. Scatter and spread caramelized onions over dough (all the way to the edges), add sliced garlic cloves evenly spaced, top with fluffed chopped nettle, cover well with mozzarella (shredded or sliced), spread pancetta on top if desired. Bake at 450F for 15-22 minutes until crust is well brown, mozzarella is melted and bubbly, and pancetta (if used) is crisp. Dress lightly with lemon zest and chili flakes if desired.

<http://www.kwiaht.org/FoodSecurity.htm>