

Fern Creek (Jefferson County), Region 6: "Fern Creek Cooking"

Better than Cheese Flatbread Pizza

Whole Wheat dough:

- 1 cup warm water
- 1 tbsp. honey
- 1 tbsp. oil
- 1 tbsp. instant yeast
- 1 tsp salt
- 2-3 cups whole wheat Wiesenberger flour

In a large bowl, mix the water, honey, oil, yeast, and salt. Add the flour gradually until a soft dough forms and pulls away from the side of the bowl. Knead the dough for two to three minutes. Let the dough rest, covered, for ten minutes. Shape the dough into pizza crust shape.

White Sauce:

- 2 tbsp. butter
- 3 tbsp. white flour
- 1 cup 2% milk
- 1 tsp dried basil
- 1 tsp dried oregano
- salt and pepper to taste
- 1 garlic clove minced
- ½ cup Boone Creamery Italian Herb cheese, shredded

Melt butter in a medium sauce pan. Once melted, add flour and mix together until a paste is formed. Add milk and whisk until combined. Bring mixture to boil until it thickens. Once thickened, add basil, oregano, salt, pepper, garlic, and cheese. Take off and stir until combined.

For the toppings:

- ½ cup red onion, chopped
- ½ cup fresh spinach
- 1 cup skinless, boneless chicken breast, chopped
  - Sauteed in 2 tbsp. olive oil, two cloves of crushed garlic, and pinch of salt and pepper until brown.
- ½ cup Roma tomatoes, chopped
  - Bake the tomatoes on 400 F until the skin begins to peel from the meat of the tomato
- ½ cup Kenny's Country Cheese mozzarella cheese

Balsamic reduction:

- 3 cups balsamic vinegar
- Put balsamic vinegar in a small sauce pan over medium heat, bring to a boil. Once boiling, reduce the heat and bring to a simmer. Let simmer until vinegar is reduced at least half. Let cool

In the first 15 minutes, Shelby cuts and cleans the chicken breasts. After she is done she cleans the cutting board and knife and prepares to cook the chicken. After the chicken is cooked, about 15 minutes, she transfers the chicken to a pan to let it cool while she cleans the rest of her dishes.

Kaila starts by shredding the cheese needed for the white sauce. Once this is completed she takes 15 minutes to prepare the cheese sauce. Once the cheese sauce is done she cleans the dishes and begins washing and cutting the toppings for the pizza with Emily.

Emily is responsible for the balsamic reduction and the roma tomatoes. She puts the balsamic vinegar on the heat and then begins to prep the tomatoes. After the tomatoes are in the oven, she returns the reduction. After about 20 minutes the tomatoes are taken out of the oven and she begins prepping the other vegetable toppings.

Dennis combines the ingredients for the dough in the first 15 minutes and then lets the dough stand for ten. Once the dough is ready, Dennis rolls out the dough and forms it into the shape of the pizza crust. Once the crust is ready, the toppings are layered on starting with the sauce, ending with the mozzarella cheese. The pizza then goes in the oven at 475 degrees F on a lightly greased baking sheet for 8-12 minutes.

As soon as the pizza is in at the 45 minute mark, the team finishes cleaning the dishes and work spaces. When the pizza comes out, the team lets it rest for 10 minutes before cutting the pizza and plating.