

A HEALTHY SOLAR PIZZA

HOW TO MAKE IT. (AND ENJOY IT TOO !)

The quantities given are for the pizza pan shown in the picture. The diameter of the pizza pan is 60 cm (24 inches). The same pizza pan can also be used to dry grains, pulses and nuts in the solar box cooker.

Ingredients required:

For the pizza base:

Whole-wheat flour	-	6 cups
Vegetable oil	-	1/2 cup
Active dry yeast	-	2 teaspoon
Sugar	-	1/2 cup
Salt	-	to taste

For the topping:

Tomato pureé	-	850 gm or one tin
Cauliflower	-	one big flower (approximately 1 kg)
Shelled green peas	-	250 gm
Small onion	-	200 gm
Green capsicum	-	300 gm
Garlic	-	8 big cloves
Coriander leaves	-	50 gm
Cheese slices	-	10
Paneer (Cottage cheese)	-	250 gm
Pepper and salt	-	to taste

Method:

Making a solar pizza involves two days of work. On the first day the pizza base is made in the solar cooker. The second day, the base is filled with toppings and the whole pizza is baked in the solar cooker. The pizza base alone will keep for one or two days. So, even if the next day is cloudy, the solar pizza can be made the day after.

For the base:

Early in morning or late in the night, take the yeast and dissolve in 1/4 cup of warm water mixed with one teaspoon of sugar. Leave it aside for it to ferment and become frothy. Once the yeast has become frothy, take the whole-wheat flour and first mix it with salt and oil. Then pour the yeast and required amount of warm water to thoroughly mix the flour into thick dough consistency suitable for bread. Cover the dough with a wet cloth and leave it aside for 3 or 4 hours.

Once the dough swells up to twice the original volume, thoroughly mix it with hands and spread it as a thin base (1/4 inch thick) on the oiled pizza pan.

Cover the pizza pan with its lid and bake it in the solar box cooker for three hours.



Here the solar cook Mrs. Bennet is with the pizza base inside the solar box cooker.

The base should be well baked in 3 hours and this can be checked by inserting a fork into the dough. If the fork comes out clean, then the pizza base is fully cooked.



Take out the pizza pan and allow the pan to cool along with the pizza base inside it.

For the pizza (The next day)

Next morning, keep two pans of water in the solar box cooker to heat up. Meanwhile, cut the cauliflower into small florets. Shell the green peas and keep them ready also. As soon as the water reaches nearly boiling temperature, take the pans out and put the cauliflower florets and the green peas into the hot water separately. Keep the pans aside. Then, cut the capsicum, coriander leaves, garlic cloves and onions into small pieces of appropriate sizes. If you like the flavour of fried onions and garlic, take aside half of the sliced onions and all the garlic and lightly fry them.

Here, the solar cook Mrs. Bennet takes out the pizza pan with the pizza base inside it. The pizza base was baked the previous day.



She spreads the tomato puree evenly on top of the pizza base. On the tomato puree, diced and lightly fried paneer (cottage cheese) is spread.



Drain the cauliflower florets and spread them over the tomato puree and paneer.



Do the same with the green peas.



Spread the sliced capsicum, onions, coriander leaves and the fried onions and the garlic.



Hmmm, do we need any more toppings?

On top of these, sprinkle freshly ground black pepper and salt according to taste. Cover these toppings with the cheese slices spread like a blanket. (- and then say cheese for the photo!)



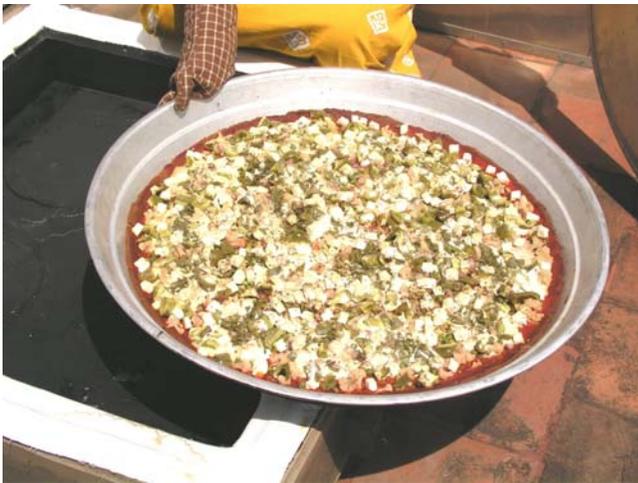
Now, put the pizza pan inside a solar box cooker, cover it and bake for two hours.



After two hours, if you open the cover of the pizza pan, the cheese slices will have melted and the aroma of the cooked toppings will come out.



The hot solar pizza is out of the solar box cooker ready to be served.



Serve the solar pizza hot, along with the aroma that is wafting out of it!



The white cubes seen on top are the diced cottage cheese.

The aroma is tempting, the sight is mouth-watering, so when am I going to get my share mummy?



Sharing the solar pizza with friends is enjoying it. Mr. Ganesan is a computer operator who is also a solar cooking supporter. After getting the first piece of the solar pizza, the face of Mr. Ganesan shows it all !! The solar cook is happy too that her labours are being very much appreciated.



To enjoy the solar pizza, you need the company of friends who like good food and who would take the message of solar cooking far and wide.



The solar pizza is vanishing fast amid good company and warm conviviality. This particular group of computer professionals made it possible to put these solar pizza pages in the internet and they are heartily enjoying the solar pizza here.



We hope that you should be able to make a solar pizza and enjoy it after reading these pages.