

## Vegetarian Dishes, and Vegetables



### Ingredients

#### **Pizza bases**

1lb strong white (bread)  
flour  
1 sachet fast-action yeast  
1 tsp salt  
1 tsp sugar  
2 tbsp olive oil  
warm water to mix

#### **Summer herb topping**

2 tbsp olive oil  
1 tbsp garlic, crushed  
4 tbsp pesto  
1 cup parmesan, grated  
1 cup mozzarella, grated  
1 tbsp fresh basil,  
chopped  
1 tbsp fresh chives  
1 tbsp fresh tarragon

2 red peppers  
4 tomatoes  
salt & pepper  
4oz mozzarella cheese  
olive oil  
fresh oregano or basil

## Pizza with Summer Herb

### Topping

Serves 4

You can buy pizza bases, but homemade is best and really is worth the effort.

### Method

To make the bases combine the flour, yeast, salt and sugar in a large bowl. Add the oil and enough water to make a soft but not sticky dough (about half a pint). Turn this out onto a well-floured surface, and knead for at least 5 minutes. Return to the bowl, cover, and leave to rise in a warm place for an hour or so. Turn out, knock back and knead again briefly. Shape the bases. This quantity will make 4 large rounds, or cover one large baking sheet. Roll out to shape (rounds are easiest) and allow to rest for a minute or two. To finish the pizzas brush the bases with the oil, spread with the garlic and pesto, sprinkle on the cheeses. Allow to rise in a warm place for half an hour. Bake at 220C/450F for about 15 minutes. Sprinkle with the chopped herbs when removed from the oven.

## Red Pepper, Tomato and Cheese Roast

Serves 4 as a starter or 2 as a  
main course

### Method

Slice the peppers in half lengthwise and scoop out the seeds and pith. Cut each tomato into quarters and arrange these in the pepper halves. Season and add chopped herbs, if available. Slice the cheese and arrange over the top. Place in an oiled dish and sprinkle with some more olive oil. Roast in a hot oven 200C/400F for about 20 minutes. Serve with crusty bread.

"We passed by one patch of potatoes that a florist might have been proud of; no carnation bed ever looked more gay than this square plot of ground on the waste common. The flowers were in very large bunches, and of an extraordinary size, and of every conceivable shade of colouring from snow-white to deep purple. It was pleasing in that place, where perhaps was never yet a flower cultivated by man for his own pleasure, to see these blossoms grow more gladly than elsewhere, making a summer garden near the mountain dwelling".

Dorothy Wordsworth  
on *A Journey from  
Dumfries to  
Ballachulish*, 1803.