

Devin Alexander

www.devinalexander.com

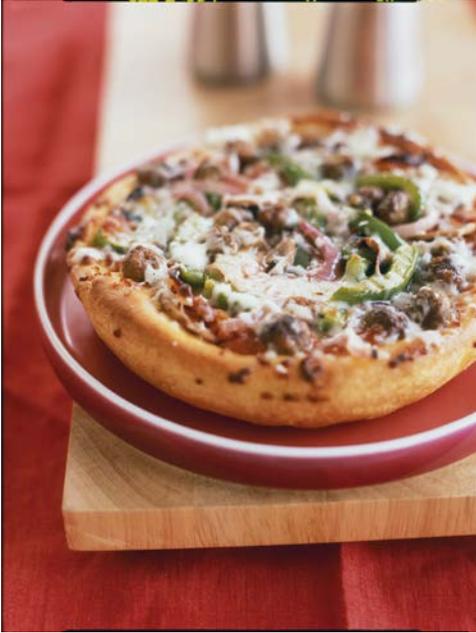


Photo: Ben Fink

Pizza Hut: Supreme Personal Pan Pizza

From *“Fast Food Fix”*

Save: 217 calories, 25 g fat, 12 g sat. fat

“Ask and you shall receive.” These are definitely words to live by . . . you just may be surprised at what you receive.

When I picked up my first Supreme Personal Pan Pizza sample, I was intrigued by the pans used to bake them, since the crisp yet chewy crust is such a signature feature of this particular pizza. I knew the pans were probably custom-made for Pizza Hut, but I was determined to gather as much information as I could so that I could provide a viable alternative in this recipe. Apparently, I asked a few too many questions (or in my opinion, the right number of them), because the friendly man behind the counter eventually grew tired of my inquiries. I asked, “Is the pan metal or . . .,” and before I was even able to finish my sentence, he looked at me like I was nuts, and kindly offered, “Do you want one?” Without hesitation, I said, “Sure.” He scurried to the back, then returned and handed me my very own Pizza Hut Personal Pan Pizza Pan.

Based on the fact that the restaurant logo is imprinted on the bottom of the pan, I was correct that the pans are custom-made. But don’t get me wrong: I’m not suggesting that you, too, hound a clerk until he makes you go away by giving you your very own pan. There are plenty of alternatives. You’ll find them listed on page 134 under “Before You Start.”

1/4 recipe Pizza Hut Pizza Dough (page 135)

1 teaspoon extra-virgin olive oil

Olive oil spray

1/4 cup red onion strips (about 1-1/2" long x 1/4" wide)

1/4 cup green bell pepper strips (about 1-1/2" long x 1/4" wide)

1 mushroom, sliced

Flour for work surface

1/4 recipe (scant 1/4 cup) Pizza Hut Pizza Sauce (page 136)

1 ounce (1/4 cup + 1 tablespoon) finely shredded low-fat mozzarella cheese, divided

1/4 recipe (about 1/8 cup) Pizza Hut Beef Topping (pg 136), divided

1/2 recipe (about 1/8 cup) Pizza Hut Pork Topping (pg 137), divided

0.4 ounce (6 slices) packaged turkey pepperoni, divided

Prepare the dough. Set aside to rise.

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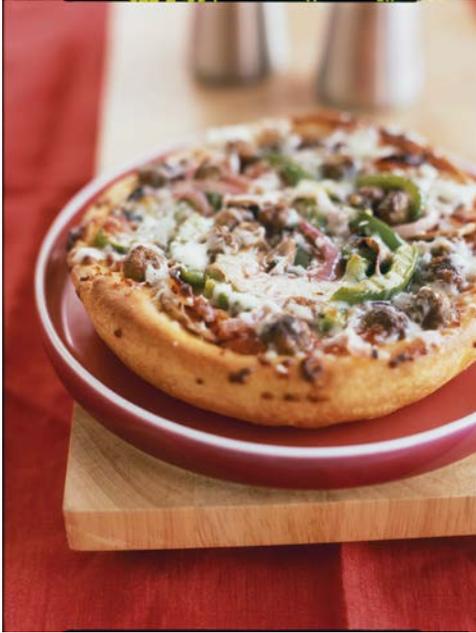


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Meanwhile, preheat the oven to 400°F. Coat a 6" round nonstick individual pizza pan or other round nonstick baking pan with 1 teaspoon oil. Set aside. Lightly mist a nonstick baking sheet with oil spray.

Place the onion, pepper, and mushroom, not touching, on the baking sheet. Bake for about 4 minutes, or until partially cooked. Set aside.

Meanwhile, when the dough has doubled, gently punch it down and place it on a lightly floured surface. Pat into a 6" circle. Transfer to the reserved 6" pan. Press into the bottom and about 1/2" up the sides of the pan. Spoon on the sauce, leaving a bare 1/2" border. Sprinkle half of the cheese over the sauce. Top evenly with three-quarters of each of these toppings: the beef, pork, pepperoni, and the onion-pepper-mushroom mixture. Sprinkle on the remaining cheese. Top evenly with the remaining one-quarter of the beef, pork, pepperoni, and onion-pepper-mushroom mixture.

Bake for 12 to 16 minutes, or until the cheese is melted and the crust starts to crisp. If baking with a terra-cotta saucer (see “Before You Start” note below), adjust time to 20 minutes. Allow to sit in the pan on a rack for 3 to 5 minutes. Cut into quarters.

Makes 1 serving (6" pizza)

533 calories, 28g protein, 81 g carbohydrates, 11 g fat, 3 g sat. fat, 6 g fiber
Original Pizza Hut Supreme Personal Pan Pizza (6"): 750 calories, 32 g protein, 73 g carbohydrates, 36 g fat, 15 g sat. fat, 6 g fiber

Even Better: The crust on this pizza is rich and oily. If you don't mind it without the oily flavor, just skip oiling the pizza pan. You'll save an additional 42 calories, 5 g fat, and 0.5 g sat. fat.

Before You Start: Specialty cookware shops and Web sites sell individual-size pizza pans, but you can use any 6" round nonstick baking or cake pan for this recipe. A dark metal pan will crisp and color the crust better than a shiny pan will. If you don't have one, you can purchase an inexpensive 6" round unglazed terra-cotta flowerpot saucer at a hardware or plant store. In fact, if you use the terra-cotta saucer, your pizza will come out the perfect shape since Pizza Hut's pans also have flared sides. If you opt for the saucer, season it by rubbing it with any vegetable oil. Use a paper towel to soak up any excess. Bake the saucer in a 400°F oven for 15 minutes. Allow it to cool completely before using. (You need to do this only once, not every time you want to use it.)

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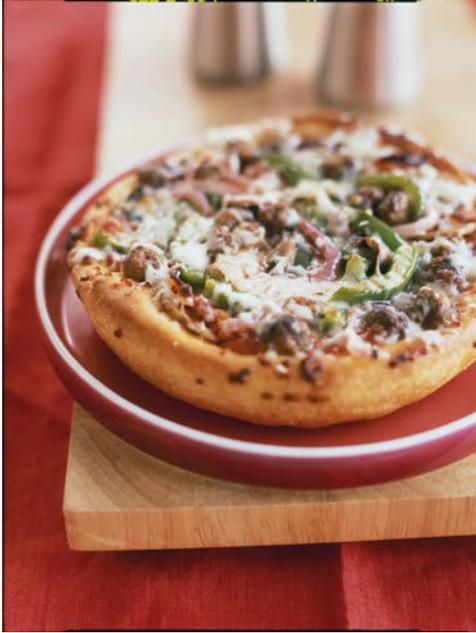


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Drive-Thru: To make these personal pizzas pronto, you can shape one or more batches of the meat toppings to store in the freezer for up to 2 months. Spending some time making the toppings is a particularly fun project to do with children. Layer the prepared uncooked topping in a waxed paper-lined airtight plastic container between sheets of waxed paper. If you don't care if the toppings look perfectly uniform, simply use your fingers to break the prepared meat mixtures into roughly 1/4" pieces. Spread out on a waxed paper-lined freezer-proof tray. Cover loosely with a sheet of waxed paper. Place in the freezer for about 2 hours, or until frozen solid. Transfer the pieces to a resealable plastic freezer bag. Return to the freezer for up to 2 months.

Also, the 3 extra dough balls (punched down after rising) can be frozen individually in resealable plastic freezer bags. To use, thaw for several hours at room temperature. Or, for even greater convenience, after the initial rising, the dough balls can be punched down and shaped into 6" round pizza pans (if you have extra). Set in the freezer for about 2 hours, or until frozen solid. With a butter knife, pop the dough out of the pan. Wrap tightly in plastic wrap and then in aluminum foil before placing back into the freezer. When you're ready to make a pizza, just pop the frozen dough back into the pan. When you want the pizza, it will come together really quickly because the crust and meat toppings need no thawing. Bake for about 25 minutes. You can definitely whip out these pizzas in less time than a trip to Pizza Hut. You'll save money on gasoline, too!

Pizza Hut Pizza Dough

- Olive oil spray
- 1 cup warm water (105°–115°F)
- 1 package (1/4 ounce) active dry yeast
- 2 teaspoons sugar
- 1-1/2 cups + 4 tablespoons unbleached flour + additional for work surface
- 3/4 cup bread flour
- 2 teaspoons salt

Lightly mist a mixing bowl with oil spray. Set aside.

In a small bowl, combine the water, yeast, and sugar. Whisk until the yeast is dissolved.

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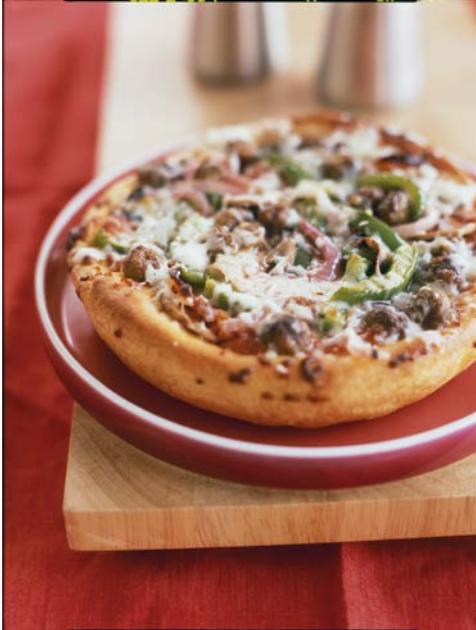
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In the bowl of a food processor fitted with the dough blade, or in a mixing bowl, combine 1-1/2 cups unbleached flour, the bread flour, and salt. Pulse several times or stir with a wooden spoon to mix. When the yeast mixture starts to bubble, add it to the bowl. Process or stir for about 1 minute, or until a sticky ball forms. If the mixture is too sticky, add up to 4 tablespoons unbleached flour, 1 tablespoon at a time. Process or stir until a smooth ball forms. Turn onto a lightly floured work surface. Knead by hand several times, until the dough is smooth and elastic. Place the dough in the reserved bowl. Lightly mist the dough with oil spray. Cover the bowl tightly with plastic wrap. Set aside in a warm place. Allow it to rise for about 1 hour, or until doubled in size.

Makes dough for 4 Personal Pan Pizzas or 1 Meat Lover's Hand-Tossed style Pizza Each serving (based on 1/4 of the recipe): 270 calories, 9 g protein, 56 g carbohydrates, <1 g fat, trace sat. fat, 2 g fiber

Pizza Hut Pizza Sauce

- 3/4 cup canned crushed tomatoes
- 1-1/2 tablespoons tomato paste
- 1 tablespoon + 1 teaspoon sugar
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon garlic powder
- Pinch of ground black pepper

In a bowl, combine the crushed tomatoes and tomato paste. Whisk until smooth. Add the sugar, oregano, garlic powder, and pepper. Stir to blend well. Store in an airtight plastic container for up to 5 days.

Makes about 1 scant cup, enough for 4 Personal Pan Pizzas or 1 large Meat Lover's Hand-Tossed style Pizza Entire recipe: 157 calories, 5 g protein, 35 g carbohydrates, trace fat, 0 g sat. fat, 5 g fiber

Pizza Hut Beef Topping

- 3 ounces 96% lean ground beef (about 1/4 cup + 2 tablespoons)
- 1 tablespoon + 1 teaspoon egg substitute
- 2 teaspoons dry bread crumbs
- 1/2 teaspoon salt

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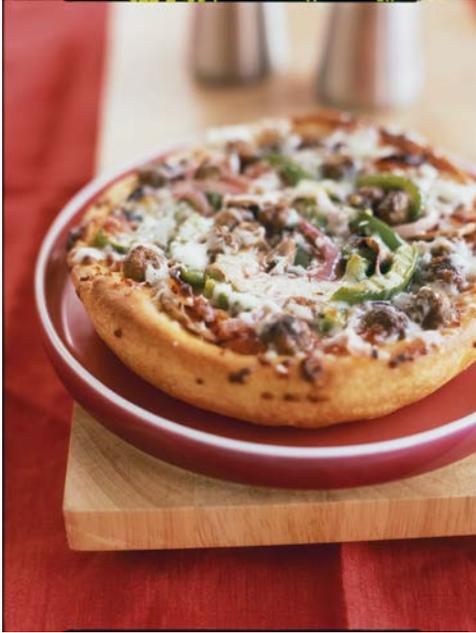


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In a small bowl, combine the beef, egg substitute, bread crumbs, and salt. With a fork, mix to blend. At this point, the mixture can be crumbled into small pieces directly onto the pizza. If making ahead, scoop out balls with a 1/4 teaspoon measure and place, not touching, in a waxed paper-lined rectangular airtight plastic container. Continue layering between sheets of waxed paper. Refrigerate for up to 3 days.

Makes 2/3 cup, enough for 4 Personal Pan Pizzas or 1 large Meat Lover’s Hand-Tossed style Pizza Entire recipe: 124 calories, 19 g protein, 3 g carbohydrates, 4 g fat, 1 g sat. fat, trace fiber

Pizza Hut Pork Topping

- 1-1/2 ounces extra-lean ground pork (3 tablespoons)
- 2 teaspoons egg substitute
- 1-1/2 teaspoons dry bread crumbs
- 1 teaspoon pure maple syrup
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground sage
- Pinch of cayenne

In a small bowl, combine the pork, egg substitute, bread crumbs, maple syrup, pepper, salt, garlic powder, sage, and cayenne. With a fork, mix to blend. At this point, the mixture can be crumbled into small pieces directly onto the pizza. If making ahead, scoop out balls with a 1/4 teaspoon measure and place, not touching, in a waxed paper-lined rectangular airtight plastic container. Continue layering between sheets of waxed paper. Refrigerate for up to 3 days.

Makes 1/3 cup, enough for 2 Personal Pan Pizzas or 1 large Meat Lover’s Hand-Tossed style Pizza Entire recipe: 89 calories, 10 g protein, 8 g carbohydrates, 2 g fat, <1 g sat. fat, trace fiber

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