

FOOD

Recipes by
allrecipes.com

Melon Smoothie

Ingredients

- 1 lime, juiced
- 2 tablespoons sugar
- 1/4 cantaloupe - peeled, seeded and cubed
- 1/4 honeydew melon - peeled, seeded and cubed

Directions

In a blender, combine cantaloupe, honeydew, lime juice and sugar. Blend until smooth. Pour into glasses and serve.

How to pick a Watermelon (The Ripe Time)

How do you know when your watermelons are ripe?

- The best method is to look for the curly tendrils on the stem near where the fruit is attached to turn brown. If they look half dead, it's ready for picking.
- You can also check the underside of the melon. A ripe fruit will have a cream- or yellow-colored spot from where it sat on the ground while ripening in the sun.



Did you know? Thumping on the fruit and listening for a "hollow" sound isn't particularly accurate. Sometimes, that hollow sound actually means the melon has turned to mush inside.

How to Grill a Pizza

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon white sugar
- 1 (.25 ounce) package active dry yeast
- 1 tablespoon olive oil
- 2 tablespoons cornmeal for dusting
- 3/4 cup warm water (110 degrees F/45 degrees C)

Directions

1. Proof yeast in warm water.
2. In separate bowl place flour, salt, sugar, and oil. Make a well in the center and place yeast/warm water mixture in. Mix thoroughly until consistency of an elastic ball. Allow to rise 1 1/2 hours.
3. Flour surface and roll out 1/2 dough. Rub with cornmeal. Sprinkle with your favorite toppings.
4. Spray grill with cooking spray. Grill dough about 5 minutes or until toppings are melted. Repeat with second piece of dough.
5. Grill the Crust. Prepare the grill for high heat. Dust a baking sheet, a peel, or a plate with flour or cornmeal so the dough won't stick.
6. Shape the dough into rounds, either stretching it by hand or using a rolling pin. Each round should be no more than 1/4 inch thick. You can stack the rounds by layering waxed paper, parchment, or a clean well-floured kitchen towel in between the individual crusts.
7. The easiest method for grilling pizza is to par-bake the crust: grill one side just long enough to firm up the crust so you can move it easily. By taking it off the heat, you can take your time arranging the toppings and are less likely to burn the bottom of the pizza.



8. Begin by placing one dough round on the grill. You can oil the grill's grate, but it's not necessary; once the crust has set, after about three minutes, it should be easy to pull off the heat with tongs, a spatula, or your fingers. Don't worry if it droops a little through the grate--it'll firm up fast. After two to three minutes, give it a little tug--it should move easily. If it sticks, give it another minute or so.
9. When the crust is set, remove it from the heat and transfer it to a plate or peel; flip it over so the "done" side is up, and add the toppings.
10. Repeat the process with the rest of the dough rounds. If this is a group effort, friends and family can start topping the pizzas while you grill the crusts.

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