

Quick pizza dough with binamaya flour

We acknowledge the traditional owners of the land and sea, and the traditional knowledge that has gone into making native grain flours for thousands of years.

Old Man Saltbush (*binamaya* in Gamilaraay) is a very hardy bush known mostly for its salty leaves, However, the roasted and ground seed makes a high fibre and salty flour, which is a great addition to savoury doughs like pizza bases, focaccia and more.

Turn the page for suggestions on how to top this yummy pizza base!

Ingredients

1 ½ cups self-raising flour
¼ cup binamaya (old man saltbush) flour
2/3 cup warm water
Up to ¼ cup olive oil



Method

1. Mix flours in a bowl.
2. Make a well in the centre then add most of the water and a big dash of oil (up to ¼ cup).
3. Mix until a blob is formed. Add more water if needed, but stop just before the ball gets sticky. If its too sticky, add more flour.
4. Tip the blob onto a well-floured surface and knead until smooth, then roll or stretch into the shape of the pizza tray.
5. While you are getting the toppings ready, cook the base for 5 mins at 210°C to start the baking process.

Food for thought...

- We don't currently grow much food in arid areas. What parts of Australia does old man saltbush grow and how much rainfall does it need to produce grain?
- How many different foods can be made from old man saltbush?

Suggested topping for native pizza

Ingredients

1 sachet tomato paste (50g or 2 tablespoons)

5 bush tomatoes, or 2 tsp ground bush tomato (purchase this online... do not collect bush tomatoes from the wild unless with an experienced forager)

A handful of native greens e.g. purslane, native spinach, old man saltbush, climbing saltbush, scurvy weed

Other native ingredients if available e.g. ruby saltbush berries, slices of kangaroo sausage (precooked), mountain pepper, native thyme, etc

½ cup shredded cheese (or however much you want really)

Method

1. Crush or finely dice the bush tomatoes, then mix with the tomato paste. You can add a little BBQ sauce or sweet chilli sauce if you like.
2. Spread this on the base.
3. Add native greens or other toppings
4. Sprinkle cheese on top
5. Bake at 190°C fan forced until the base is crispy and cheese melted (about 10 mins, depending on how long you cooked the base for before adding the toppings)

Food for thought...

- What are your favourite pizza toppings? Where do they come from?
- Many native plants from inland areas are quite drought tolerant. What do you think this means for how they behave when cooked? You may like to add a few baby spinach leaves to your pizza and compare them to the native greens.