

Name \_\_\_\_\_ Period \_\_\_\_\_

Kitchen \_\_\_\_\_

## Pizza

### INGREDIENTS:

- ½ C hot water
- 1 tsp. sugar
- 1 TBSP. yeast
- ½ tsp. salt
- 2 tsp. vegetable oil
- 1 egg
- 2 cups flour
- ¼ c flour for kneading and dusting dough
- 1 c. spaghetti sauce
- 2 c. cheese
- Toppings (see board for available toppings)

### EQUIPMENT:

- liquid measuring cup
- mixing bowl
- wooden spoon
- dry measuring cups
- measuring spoons
- custard cups
- rolling pin

### DAY 1

1. Measure into a liquid measuring cup ½ c hot water, 1 TBSP. of yeast, and 1 tsp. of sugar.

2. Mix together ingredients and set timer for 5 minutes to develop the yeast.

Describe what you see and smell.

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3. Crack in a custard cup 1 egg; stir until beaten with a fork.

What is the purpose of adding an egg to the mixture?

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4. After the timer rings; add the egg, salt and oil to the yeast mixture and stir well.

5. Place the yeast mixture in a large mixing bowl and add 1 cup of flour, using a wooden spoon stir the mixture.

Why do you think you only add 1 cup of the flour at this point?

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6. Add only enough of the last cup of flour to form a dough that resembles “playdough”.

7. Sprinkle a small amount of flour on the counter; take turns kneading the dough for a total of 5 minutes or until smooth.

What is the purpose of kneading the dough and how does the dough feel after the kneading process?

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8. Grease the pizza pan with vegetable spray.

9. Use a rolling pin to roll out the dough on the counter to the circumference of the pizza pan or larger if you plan to make a stuffed crust. Transfer the dough to the pan. Use the heel of your hand to work the dough from the center outward to cover the pan and build slight walls.

What do you notice about the dough as you roll it out?

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10. Spread the pizza sauce onto the dough being careful to keep the sauce only on the dough.

11. Spread toppings and cheese on the pizza.

How can you make sure every member gets an equal share of the pizza?

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12. Cover the pizza with plastic wrap and label with your kitchen color and period.

## DAY 2

1. Preheat the oven to 350 degrees.

2. Design your pizza.

3. Set your table and prepare your beverage.

4. Remove the plastic wrap and bake for 18-25 minutes or until golden brown.

Explain how you know your pizza is fully cooked.

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5. Cut pizza with pizza cutter on stove top, set on cooling rack that is placed on the table.

What safety precautions did you take while cutting the pizza?

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6. ENJOY!