



**Pizza:** Thank you for trying our pizza! Just a reminder that all these lessons are designed for kids to cook with their parents or another adult. Use of knives, kitchen tools, stoves, ovens, or other sharp or hot items should always be closely supervised.

Our lessons are broken into steps. There will be a short video and then an instruction screen with a pause symbol. Please pause the video between each step or before using knives or starting the instructions.

## **Shopping and Prep for Parents**

### **Shopping & Ingredients:**

#### **Dough:**

- 1 package active dry yeast
- 1 Tbs sugar
- 1 cup water, warmed
- 2 Tbs olive oil
- 3 cups all-purpose flour
- Extra flour for kneading & rolling out dough
- 1 tsp salt
- Parchment paper

#### **Sauce:**

- 1/3 – 1/2 cup tomato sauce
- ¼ cup tomato paste
- ¼ tsp garlic powder
- ½ tsp Italian seasoning
- 1 tsp Dry or fresh basil

#### **Toppings:**

- 2 cups shredded mozzarella
- 2 cups of mixed veggies, chopped
- 1 cup sausage, pepperoni, or other **cooked** meat – optional

### **Parental Prep:**

1. Parents please wash all veggies.
2. Parents please precook any raw meat you will be using.
3. Parents please cut and prep any toppings. This can be done ahead of time or while the dough is rising.

### **Tools:**

- 2 cup liquid measuring cup
- Glass bowl for yeast
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Towel or film to cover large bowl
- Large mixing spoon
- Butter knife for leveling
- Fork or spoon
- Rolling pin
- Small bowl & spoon
- Containers for toppings
- Parchment paper, cookie sheet or pizza stone



**Pizza:** Students will learn the science behind baking when they make pizza dough from scratch! They can top their 16" pizza with 7 different veggies, Italian sausage, pepperoni, and mozzarella!

## Recipe Instructions:

### Dough Steps:

1. In a glass bowl or jar mix the warm water, yeast and sugar and 1 tablespoon olive oil. Set aside until yeast begins to foam about 10 minutes.
2. In a large bowl add flour and salt. Mix to combine.
3. Add half of the water-yeast mixture and mix well to thoroughly incorporate. Add all remaining water-yeast mixture and mix well with your hands.
4. Transfer dough to a lightly oiled work surface and knead dough for at least 5 minutes and up to 7 minutes, adding enough additional flour as necessary to form a smooth and elastic dough. Dough should not be sticky.
5. Drizzle olive oil over the top of the dough. Turn the dough over in the bowl, cover and allow to rise to approximately twice its size. (about 1-2 hour, keep in a warm spot)

While dough is rising, you could make your pizza sauce and prep your toppings.

### Sauces Steps:

1. In a small bowl or mix your tomato sauce, paste, salt, and herbs. Mix well.

### Rolling out the dough – *first Preheat oven to 425 F*

1. After the dough has doubled in size, turn dough out onto a lightly oiled surface and **punch down** dough. This doesn't mean beat on it but gently flatten to remove the air pockets.
2. Once you have a flat circle, oil your rolling pin and roll out dough starting in the center and rolling out to the edge.
3. After rolling it out one direction, turn dough a quarter turn and roll again. Repeat until you reach desired size. (the thinner the dough the crispier the crust.)
4. You do not need to form a crust; one will form naturally by leaving sauce and toppings off the dough's edge.
5. Place on rack, pizza stone, or cookie sheet.
6. Using the back of your spoon spread sauce evenly over your dough. Leave ½ -1 inch edge (this will be your crust.)
7. Sprinkle 1 ½ cup mozzarella over your pizza.
8. Add toppings evenly to your pizza.
9. Top with remaining ½ cup of cheese.
10. Bake in the center of your oven at 425 F for 18-25 minutes.