

PIZZA & PASTA

Vocabulary

Base: A, usually round, shape of dough that pizza sauce and toppings are placed on. **Crust:** The edge of the pizza base that doesn't have toppings on it. **Knead:** To work moistened flour into a dough with the hands. **Proofing/Proving:** When the dough is allowed to rest and rise before baking.

Key Ideas

Pizza is a dish of Italian origin consisting of a usually round dough base topped with tomatoes, cheese and various other ingredients. It is then baked at a high temperature.

Over the years different styles of pizza have developed including calzone, stromboli, New York style and deep dish.

Pasta is a type of food made from a mixture of flour, eggs and water that is formed into different shapes and then boiled.

Spaghetti, macaroni and penne are types of pasta.

Making Pizza



Mix flour, oil and water to make a paste.



Knead the mixture until it forms a dough.



Cover and allow the dough to prove.



Prepare your pizza toppings.



Spread sauce on the rolled out base and add your chosen toppings.



Bake in the oven.

Techniques

- Peeling
- Chopping
- Dicing
- Slicing
- Mixing
- Kneading
- Baking

Making Pasta

All you need is plain flour and eggs.

- Put the flour into a bowl and make a well in the middle.
- Crack the eggs into the well and use a fork to beat them until smooth.
- Keep mixing the eggs and flour together, adding more flour if needed.
- Once mixed, knead until nice and springy. (About 5-10 minutes)
- Flatten out the pasta and shape as required.
- Cook in simmering water for around 3 minutes.