Foods 9-10(B)

**Fast Pizza Sauce**

**1 RECIPE PER UNIT**

**YIELD: 300 mL (enough sauce for 2 pizzas)**

**Ingredients:**

15 mL vegetable oil

½ medium onion, **diced**

![C:\Documents and Settings\dr12524\Local Settings\Temporary Internet Files\Content.IE5\2GU2953I\MC900198164[1].wmf]()2 garlic cloves, **minced**

200 mL tomato sauce

30 mL tomato paste

5 mL sugar

1 mL salt

2 mL pepper

10 mL dried parsley flakes

5 mL dried oregano

5 mL dried basil

**Directions:**

**Day 1**

1. **Finely dice** onions and **mince** garlic.
2. In a saucepan (a “pot,” NOT a frying pan), heat oil over medium-low (#3-4) heat for 1 min.
3. Add onions and garlic. **Sauté** (cook in oil but not browned)for 2 minutes.
4. Stir in **all** remaining ingredients (tomato sauce, tomato paste, sugar, salt, pepper, parsley, oregano and basil).
5. **Simmer** sauce (bubbling slightly) over **LOW/SIM** heat for 15 minutes. Add water if necessary to keep sauce the consistency of ketchup or slightly thicker.
6. Remove from heat. Let cool for 10 minutes.
7. Place in bowl and cover with plastic wrap. Label with block and unit number.
8. Refrigerate overnight or freeze until just before lab day.

**Day 2**

1. Spread sauce over two 12” pizza crusts.

**Topping (for each/one pizza) – OR bring your own toppings from home**

125 mL mozzarella cheese, grated

1 Roma tomato, sliced

5-6 Fresh basil leaves, roughly chopped or cut “chiffonade” style.

Foods 9-10(B)

**Whole Wheat Pizza Crust**

**1 RECIPE PER 2-3 PEOPLE (makes one pizza)**

**Ingredients:**

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2 mL sugar

125 mL warm water

7 mL active dry yeast

250 mL all-purpose flour

125 mL whole wheat flour

2 mL salt

15 mL vegetable oil

**Directions:**

**Day 1**

1. Dissolve sugar in warm water. Sprinkle yeast into sugar-water and stir slightly. Set the liquid measure with yeast mixture over 2-3 cm of **hot** water in the bottom of a cereal bowl. Cover and let stand in a warm place (like inside the microwave) for 10 minutes, or until thick foam forms on top.
2. Meanwhile, combine both flours and salt in separate bowl.
3. Once yeast is foamy, transfer it to a medium-large mixing bowl. Discard the water in the cereal bowl. Stir oil into the foamy yeast mixture. Beat in **½ (HALF)** of the flour mixture with a wooden spoon. Add more flour a little at a time and mix until dough can be gathered into a slightly sticky ball. You may not need to use all of the flour.
4. On a floured counter, knead dough for about 5 minutes or until smooth and elastic. When poked, the dough should feel similar to your relaxed cheek.
5. Place in a **lightly** oiled, labeled bag. Let dough rest and proof overnight in the fridge or freeze until the day before use and thaw in the refrigerator overnight.

**Day 2**

1. Preheat oven to **450˚F** (230˚C).
2. Roll out dough to a circle about 12” (30cm) in diameter or slightly larger than the diameter of the pizza pan, if using. Grease the pizza pan (or a baking sheet) lightly with shortening and sprinkle a small amount (~5 mL) of cornmeal over the shortening on each pan.
3. Gently stretch dough to fit pan and roll edges in to make an outer crust; let rest 10 minutes before adding toppings.
4. Spread half (~150 mL) of the pizza sauce over dough; top with toppings and cheese.
5. Bake on lowest rack in oven for 16-18 minutes or until crust is golden and cheese is bubbly.

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