

Year 8 Recipes Unit 1: Pizza



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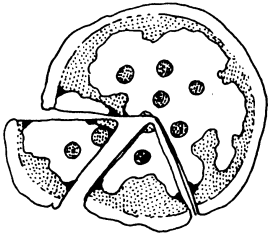
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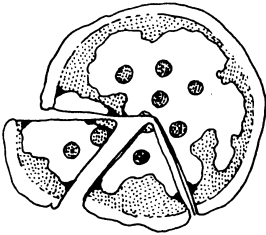
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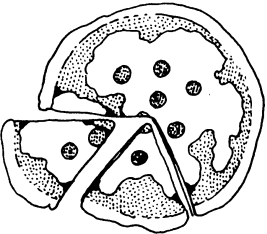
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Food product:	BREAD PIZZA BASE
Ingredients:	<p>175g bread making flour $\frac{1}{2}$ sachet of easy - blend yeast $\frac{1}{2}$ teaspoon salt 100 water or milk extra flour for kneading</p> 
Equipment:	Large mixing bowl, measuring jug, table knife, flour shaker
Preparation:	<ol style="list-style-type: none"> 1 Wash hands 2 Collect equipment 3 Collect ingredients
Method:	<ol style="list-style-type: none"> 1 Place the flour, salt and yeast in a large mixing bowl. 2 Carefully measure the water or milk into a measuring jug. Stir the water into the flour using a table knife. 3 Knead the dough on a lightly floured surface for 10 minutes. The dough should be soft and elasticated. 4 Place in a plastic freezer bag and label with your name and technology group.




Food product:	BREAD BASED PIZZA
Ingredients:	<p>Pizza base dough (from last week) 2 canned tomatoes 1 teaspoon tomato puree ¼ teaspoon mixed herbs 75g grated cheese</p> <p>UP TO THREE TOPPINGS SUCH AS: 50g tuna 25g sliced mushrooms 3 slices of salami 1 slice ham ¼ onion ¼ sliced pepper 1 pineapple ring</p>
Equipment:	round bladed knife, baking tray, flour shaker, teaspoon, sharp knife, chopping board.
Preparation:	<ol style="list-style-type: none"> 1 Wash hands 2 Collect equipment 3 Collect ingredients 4 Preheat oven to 200°C. 5 Oil baking tray or foil container.
Method: 	<ol style="list-style-type: none"> 1. Shape into a circle and place onto the baking tray or foil container. Use the flour shaker to stop the dough sticking. 2. Mix together the chopped canned tomatoes, tomato puree, herbs and salt and pepper. 3. Spread the tomato mixture onto the scone base, leaving a 1cm gap around the edges. 4. Chop the topping using the sharp knife and chopping board. 5. Sprinkle the topping ingredients over the base and lastly sprinkle over the grated cheese. 6. Bake for 20 to 25 minutes until the base is cooked and the cheese is golden.



Food product:	SCONE BASED PIZZA
Ingredients:	<p>150g self raising flour ¼ teaspoon salt 25g margarine 100 ml milk 2 canned tomatoes 1 teaspoon tomato puree ¼ teaspoon mixed herbs 75g grated cheese</p> <p>UP TO THREE TOPPINGS SUCH AS: 50g tuna 25g sliced mushrooms 3 slices of salami 1 slice ham ¼ onion ¼ sliced pepper</p>
Equipment:	Large mixing bowl, measuring jug, tablespoon, round bladed knife, baking tray, flour shaker, teaspoon, sharp knife, chopping
Preparation:	<ol style="list-style-type: none"> 1 Wash hands 2 Collect equipment 3 Collect ingredients 4 Preheat oven to 200°C. 5 Oil baking tray or foil container.
Method: 	<ol style="list-style-type: none"> 1. Place the flour, salt and margarine in a large mixing bowl. 2. Rub in the margarine between your fingertips. 3. Add nearly all of the milk and mix with the round bladed knife to form a soft but not sticky dough. 4. Shape into a circle and place onto the baking tray or foil container. Use the flour shaker to stop the dough sticking. 5. Mix together the chopped canned tomatoes, tomato puree, herbs and salt and pepper. 6. Spread the tomato mixture onto the scone base, leaving a 1cm gap around the edges. 7. Chop the topping using the sharp knife and chopping board. 8. Sprinkle the topping ingredients over the base and lastly sprinkle over the grated cheese. 9. Bake for 20 to 25 minutes until the base is cooked.



Food product:	FILLED BAKED POTATOES
Ingredients:	<p>1 large potato</p> <p>Filling one: 10g margarine 50g cheese 100g baked beans</p> <p>Filling two: 1 tablespoon mayonnaise</p>
Equipment:	chopping board, small mixing bowl, sharp knife, fork and spoon
Preparation:	<ol style="list-style-type: none"> 1 Wash hands and put on apron. 2 Collect ingredients. 3 Collect equipment.
Method:	<ol style="list-style-type: none"> 1 Wash the potato and make small holes in it with a fork. 2 Place the potatoes in the oven for one hour OR until the potato is soft in the centre. 3 Cut the potato: <div style="text-align: center;">  </div> 4 Mix together the filling ingredients together. 5 Place the filling into the potato.

