

LEVEL 2 IVQ DIPLOMA IN PATISSERIE | 1&2 MONTH CERTIFICATE COURSES | WEEKEND LEARNING

PIZZA & PIZZA ROLLS BY CHEF KUNAL OF FOODYBREAKS GOA

EQUIPMENT

Steel bowls, Spatulas, Whisks, Teaspoons and Tablespoons, Pizza Cutter, Chopping Board, Chefs Knife, Rolling pin, Pizza Pail or Pizza Pan or Baking Tray, Pots, Pans, Stand mixer with hook attachment, Oven with Grill Setting or High Heat setting,

1A. PIZZA DOUGH, 1 Recipe makes 1 variant as below

150gm Flour
2g gluten, optional
1g Bread improver (Can use Pizza Improver), optional
5g Salt
2g Sugar
5g Yeast
100ml Cold water
50g Flour + 20g Semolina (For rolling out)

1B. VEG TOPPING (Approx Weights, Per Pizza) – Makes 1 large pizza

100-200gm Margherita Pizza tomato base
10g Basil / Fresh Herb leaves (broken by hand)
50gm Mozzarella cheese
30g Boiled Corn Kernels
1 Large Onion, cut into roundels and sautéed till soft in 20gm Sunflower oil
10g Olives
2g Chopped Parsley
1g Salt / Seasalt

1C. PIZZA ROLLS – (Approx weight for 4 Rolls) - Makes 4

100-200gm Margherita Pizza tomato base
10g Basil / Fresh Herb leaves (Thyme, preferably broken by hand, optional)
50gm Mozzarella cheese
4 Pieces Large Sautéed Sausages
1g Pizza Spice powder
1g Seasalt / Salt

PROCEDURE

- In a machine bowl, dissolve the yeast and half the water together, add in the dry ingredients and start kneading at slow speed and combine the rest of the liquids and knead at medium speed for another 6-8mins to make a smooth elastic dough

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- Divide the dough into 120-150g portions, place on a oiled tray and cover with a cling film and rest for 10-20mins
- Preheat the oven to 200-220deg C for 20mins.
- Take out of the tray after resting, roll them on a semolina and flour covered surface and hand roll them to 1/2 cm thickness using a rolling pin for a thin crust pizza
- **To make the Pizza**, Ideally place on a floured pizza pail or tray and top with the sauce and toppings and spices and salt, and place in the stone deck oven at 200deg to 220deg C / or at 210deg C in a Convection fan oven with 3 trays placed inside during the pre-heating process
- You could also bake it in a hot tawa (skillet) with a lid on a low flame with the lid for 8-10mins
- In the second scenario you could place the pizza directly on the hot tray, sprinkle the toppings and bake at 210deg C for 8-15mins until the base is golden brown and the cheese has melted
- To make just the thick pizza base, simply roll it into 1 cm thick and dock with a fork, prove for 15mins under covers
- **To make the Pizza Roll**, divide the dough into 4 equal parts and roll into balls, flatten them using a rolling pin or by hand, spread the toppings, place sausage on one side and roll it, stick the ends and place on a parchment-lined tray, place it on the fold. Bake at 180deg C for 9-15mins until golden all over, take out and serve hot with a Tomato Salsa / dipping sauce.
- **To make just the thick pizza base**, simply roll it into 1 cm thick and dock with a fork, prove for 15mins under covers
- Bake at 160 Deg C for 6-9 mins or more till light golden brown on the edges, should be baked with a light crust colour, avoid over baking, Cool and wrap in sets of 3 or more. Use as a base whenever needed.

TOPPING VARIATIONS CAN BE ANYTHING THAT IS COOKED, COLD AND NOT VERY RUNNY

AN INSIGHT

Pizza is a savory dish of Italian origin consisting of a usually round, flattened base of leavened wheat-based dough topped with tomatoes, cheese, and often various other ingredients (such as anchovies, mushrooms, onions, olives, pineapple, meat, etc.) which is then baked at a high temperature, traditionally in a wood-fired oven. A small pizza is sometimes called a pizzezza.

In Italy, pizza served in formal settings, such as at a restaurant, is presented unsliced, and is eaten with the use of a knife and fork. In casual settings, however, it is cut into wedges to be eaten while held in the hand.

The term pizza was first recorded in the 10th century in a Latin manuscript from the Southern Italian town of Gaeta in Lazio, on the border with Campania. Modern pizza was invented in Naples, and the dish and its variants have since become popular in many countries. It has become one of the most popular foods in the world and a common fast food item in Europe and North America, available at pizzerias (restaurants specializing in pizza), restaurants offering Mediterranean cuisine, and via pizza delivery. Many companies sell ready-baked frozen pizzas to be reheated in an ordinary home oven.