

Pizza Calzones
Alex, Foods I

Pizza Calzones

Ingredients

1 cup and 2 tablespoons warm water....how warm should it be? Use a food thermometer
2 tsp. active dry yeast
2 T. Oil
3 c. flour
2 tsp. Sugar
1 tsp. Salt

Directions DAY 1

1. Measure 1c and 2 tablespoons of water.
2. Microwave your water in a liquid measuring cup for around 30 seconds.
3. Temp your water to make sure it is between 105-110 degrees F.
4. Bring up water to your teacher.
5. Add yeast , sugar *yeast needs to be fed* and oil to liquid cup and STIR.
6. Combine dry ingredients: flour and salt
7. Form a WELL with your dry ingredients
8. Add liquid mixture and stir.
9. Separate dough so that each group member has dough to KNEAD for 8-10 minutes.
10. Combine dough into a dough ball, add oil to bowl, label, wrap, and store.

Questions to be thinking about during lab:

1. Why do we knead?
2. What is the importance of water and sugar?
3. What is a leavening agent?
4. What is a well? What is its importance in baking?

Directions DAY 2

1. Divide dough into equal parts for each group member.
2. Roll your own piece of dough into a circle
3. Spread 1 T of pizza sauce (on half of the circle)
4. Add cheese
5. Add any additional ingredients
6. Fold dough in half and seal the edges or braid the dough
7. Place on cookie mat and your cookie sheet.
8. Bake at 400 degrees F for 20 minutes.

