

## **INDIVIDUAL**

### **Whole Wheat Mini Pizza Dough**

- 1/2 teaspoon dry yeast**
- 1/4 teaspoon sugar**
- 1/4 cup warm water (100 to 110 degrees F.)**
- 1/4 cup bread or all-purpose flour, plus additional for dusting**
- 1/4 cup whole wheat flour**
- 1/2 teaspoon olive oil**
- 1/8 teaspoon salt**

**Yield: 1 Mini Pizza Crust per person (approx. 6" diameter)**

#### **DAY 1:**

- 1. Dissolve yeast and sugar in warm water in a large bowl, let stand 5 minutes.**
- 2. Lightly spoon flour into dry measuring cups, level.**
- 3. Add both flours, oil and salt to yeast mixture. Stir until well-blended.**
- 4. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes), add additional flour, 1 teaspoon at a time, to prevent dough from sticking to hands (dough will feel tacky).**
- 5. Place dough into a labeled (period, Kitchen # & your name) pint sized plastic bag. Refrigerate.**

### **Pizza Sauce (enough for a large pizza)**

- |                                 |  |
|---------------------------------|--|
| <b>8 ounces tomato sauce</b>    | <b>2 tablespoons tomato paste</b>      |
| <b>1 teaspoon dried basil</b>   | <b>1 teaspoon dried oregano</b>        |
| <b>1/4 teaspoon salt</b>        | <b>1/8 teaspoon pepper</b>             |
| <b>1 teaspoon minced garlic</b> | <b>1 tablespoon dried minced onion</b> |

- 1. Mix sauce and paste in small bowl until smooth.**
- 2. Add remaining seasonings, mix until blended.**
- 3. Place in container provided by teacher. Label (period & kitchen #).**

#### **DAY 2:**

- 1. Let rise in a warm place, 1 1/2 hours or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)**
- 2. Punch dough down, let rest 5 minutes.**
- 3. Roll and/or pat into a 6-inch circle on a floured surface. Place onto lightly greased baking sheet dusted with 2 tablespoons of cornmeal.**
- 4. Spread sauce onto prepared pizza crusts.**
- 5. Add cheese (1/3 cup grated per pizza) & toppings.**
- 6. Bake at 425 in preheated oven for 13 – 15 minutes.**

**ENJOY!!!**

