

## Kitchen Garden at Collingwood College 2019

### Name of Recipe: Pizza Dough

Volunteer Notes: The completed dough is for the pizza making group in the next lesson.

*Your group will also set the tables.*

**To proof:** describes dough first rise, or bulk fermentation.

How-ever Bakers would usually use the word **proofing** to the final rise the dough undergoes, which takes place after being shaped and before it is baked.

**Fermentation:** is all about yeast. Yeast are a kind of single-celled fungus. Although there are over 1,500 distinct species of yeast and many more strains (which range from helpful to hurtful), when we bake bread/pizza, we are almost always using *Saccharomyces cerevisiae*.

**Commercial baking yeast (fresh cake yeast, active dry or instant) are all purified cultures of the same species.** When we choose what kind of commercial yeast to use for bread, it's important to remember that they're all the same species and strain. Yeast is dormant at 4 degrees Celsius and they will all die at 55 degrees Celsius during baking.

**Rising:** When flour meets water, enzymes break down the flour's starches into simple sugars, the yeast eats them and produces carbon dioxide (a gas) These tiny bubbles of carbon dioxide are held within the gluten strands of the wet flour mix. They inflate (**leaven**) the dough. The mixing and kneading of the dough at the start, is essential to develop long gluten strands.

What to collect	What to do
Kenwood with dough hook	<ul style="list-style-type: none"><li>• Set up the stand mixer with students.</li><li>• Discuss the safety when using electrical equipment.</li><li>• Ensure all students have been given a turn to attach &amp; take-off the dough hook, before starting this recipe.</li><li>• Measure all ingredients together.</li></ul>

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900 grams plain flour 2 & 1/2 Tbsp instant dried yeast 1 x Tbsp Salt	<ul style="list-style-type: none"><li>• Put flour, salt and dry yeast in the bowl then mix slowly.</li></ul>
2 & 1/2 Tbsp XV olive oil 2 & 1/2 cup of luke warm water	<ul style="list-style-type: none"><li>• Mix warm water and oil together and then pour into flour mix.</li><li>• Using the dough hook, <i>turn on to 1</i>-knead until smooth and elastic [7-8 mins].</li><li>• Transfer dough to bench and let each student knead by hand for 5 minutes.</li></ul>
Metal bowl	<ul style="list-style-type: none"><li>• Transfer to an oiled bowl cover with a clean towel to bulk <i>proof</i>.</li></ul>

### How to put dish together

- *Prove* dough in a warm, draught free place until it has doubled its size (60 +minutes). Give to the pizza making area.
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