

Food Skills Program

Lesson: Design your own Gourmet Pizza

Aims of Lesson:

- how to confidently use a cook's knife safely, skilfully and proficiently
- how to carefully follow recipe instructions to ensure successful food products
- how to use flavouring ingredients and seasonings to enhance food components and create flavoursome meals
- how to use cooking appliances and equipment appropriately and safely
- how to manage the physical environment of a kitchen – keep it clean, hygienic and safe

Information

Pizza is a favourite dish for everyone – make pizza a healthy choice by using topping ingredients that are low in fat and high on flavour. The recipe below is quick and easy and can be readily adjusted for quantity to feed your whole family. Make heaps of mini pizzas for a party! Suitable for enthusiastic chefs of all ages to prepare and cook. Enjoy!

Check out more recipes from [The Food Book](#) pp. 410-411 (Note errata – use $\frac{3}{4}$ cup or 225 mL water in Traditional Pizza recipe)

Skills

Ingredients for Pizza Dough (Serves 1)

- 1 cup (150g) plain flour
- 1 teaspoon dried yeast
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ cup hot water



Ingredients for pizza topping

2 tablespoons tomato paste – *add* enough water to make a spreadable consistency

Choose from the following gourmet toppings– bocconcini, prosciutto, capsicum, eggplant, zucchini, champignons, Spanish onions, goats cheese, rocket (add after cooking), spinach, smoked salmon, sun dried tomatoes, fresh herbs such as basil and oregano.

Choose from the following traditional toppings for a less expensive alternative – salami, ham, mozzarella cheese, capsicums

Method for making pizza dough

1. *Mix* dry ingredients, *add* water (as hot as you would take a shower or bath temperature) and *mix* to soft dough. If too sticky *add* 1-2 tablespoons extra flour.
2. *Cover* with plastic wrap, pushed down to completely cover the dough. *Prove* in a warm place for 15 minutes.
3. *Turn* dough onto floured board and *knead* until smooth.
4. *Set* oven temperature at 200 degrees Celsius.
5. *Roll out* pizza dough to a circle the size of 22cm.
6. *Place* on a baking tray lined with baking paper.

Method for finishing pizza

1. *Prepare* any topping ingredients – *shred* prosciutto, *slice* capsicum, champignons, *slice* and *char grill* eggplant, zucchini, *gently fry* red onions for sweetness.
2. *Spread* tomato paste onto pizza base and *add* topping ingredients
3. *Bake* in a preheated oven for 20 minutes.

Resources

Tip! Add this recipe to your culinary repertoire and regularly make and bake it with other family members (instead of buying expensive and less healthy take away).

Allow other family members to top their own pizza!

Food Skills Program

Teacher Notes
Essential Checklist Covered

Knowledge	Information	Skills	Resources
Know the basic traditional (baking, frying) and modern methods of cookery and how they affect nutritional value, energy use, preparation and cooking time of foods and product outcome	Consider ideas that stimulate consumers to trial new produce, recipes and subsequently broaden their culinary repertoire	Make informed decisions to plan, prepare and cook quick healthy meals and snacks instead of buying take away dishes or convenient pre-prepared food products	Allow young people to cook food that they enjoyed eating
Know how to confidently use a cook's knife safely, skilfully and proficiently	Use international food recipe ideas to extend culinary repertoire	Use tools and equipment safely and correctly when constructing meals	Teach skills through recipes and meals relevant to young people's world and not through 'food science' themes in deference to curriculum
Know the essential items used in a kitchen and how to choose, use, clean, maintain and store them		Use flavouring ingredients and seasonings to enhance food components and create flavoursome meals	Match new food experiences with enjoyable social experiences
Know how to operate large (gas and electric cookers and microwave ovens) kitchen appliances		Accurately weigh and measure ingredients for those recipes requiring accuracy of ingredient amounts	Provide opportunities for young people to start with recipes that ensure success to build confidence
Young people feel supported and encouraged to try new foods		Manage and perform cleaning tasks	Encourage and provide opportunities for young people to practise food skills at home (preparing food that the whole family enjoys)
Know how to clean equipment, appliances, cooking and eating utensils		Use knives safely and skilfully to prepare food efficiently and appropriately	Work alongside their children to learn new food skills and rituals that could be used at home (family members enjoying food that student prepares)
Know that successful food product outcomes depends on careful reading and following of recipe instructions		Use cooking appliances and equipment appropriately and safely	
Know why food product outcomes were not successful		Prepare themselves for food preparation tasks	
		Manage the physical environment of a kitchen – keep it clean, hygienic and safe for users.	

