

PIZZA

Equipment – Mixing bowl, measuring jug, tea spoon, palette knife, rolling pin, pizza tray- with lining paper

Working on your own

Ingredients

100g strong plain flour
1tsp. easy blend yeast
1 twist oil
Pinch of salt
50ml hand hot water
1 – 2tbsp tomato pizza topping

Toppings- Ham

Pepperoni Tuna
Red onions
Peppers
Mushrooms
Courgette
Sweetcorn
Pineapple

Cheddar cheese
Mozzarella

Nutrition

Flour is high in carbohydrate. Oil is high in fat. Bread contains fibre. Vegetable toppings- vitamins and minerals.

Modifications for a healthier diet

Use wholemeal flour, do not add oil, add more vegetable toppings.

Ingredients

Flour- main ingredient
Tomato sauce- moistens base
Toppings-taste and adds colour

Method

- 1 Preheat** the oven 180°C.
- 2 Put** the flour, yeast, salt and oil into a mixing bowl.
- 3 Add** the water, slowly to form a dough.
- 4 Knead** the dough for 10 minutes.
- 5 Sprinkle** a small amount of flour onto the table and roll the dough to a circle. Put on tray.
- 6 Spread** the tomato topping onto the base, leave a space of 2cm round the edge to form a crust.
- 7 Sprinkle** the cheese over the tomato sauce.
- 8 Arrange** the toppings on top of the cheese.
- 9 Bake** for 12 – 15 minutes or until the top is golden brown.