



HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



PIZZA DOUGH I & II

1 package Active Dry Yeast
1.25 Cups Warm Water
½ Cup Oil Extra Virgin Olive Oil Preferred
½ pound Bread Flour
½ pound Whole Wheat Flour
1 teaspoon Salt

OR

1.5 Cups Warm Water
1 Tablespoon Active Dry Yeast
1 Tablespoon Extra Virgin Olive Oil
1 Teaspoon Salt
2 Cups Whole Wheat Flour
1.5 Cups Bread Flour

Place water in bowl & sprinkle yeast in it, let stand 10 minutes
Swirl in the Oil & Salt
Add the flour & mix to bring together
Turn out on floured board and knead until glossy
Cover with towel and let dough double
Punch down after rise, divide it up and stretch into individual pizzas
Sprinkle cornmeal on a sheet tray, place dough in tray in 500 degree oven bake crispy with favorite toppings:

Ideas: Mozzarella or Goat Cheese, Spinach, Vegetables in Season

Nutritional literacy is Hip4Kids!

www.hip4kids.org

