



HOSF 9387

Pizza

<p>Pride in People</p> <p>At the core of our success are the students, staff and industry that combine to create the CHCA – proving that the whole is truly stronger than sum of the individual parts.</p>	<p>Pride in Programs</p> <p>It is the essence of what we do – showcased by our academic excellence, interactive programming and industry externships that make us leaders in the field of Hospitality & Culinary Arts education.</p>
<p>Pride in Campus</p> <p>In the heart of the city lies the emerging icon of the Hospitality & Culinary Arts industry – where service, reputation and high standards are housed in the most advanced facility this business has ever seen.</p>	<p>Pride in Profession</p> <p>Through the contributions of our graduates and the infusion of our industry partners in everything we do - we exist to serve and secure the future of the most dynamic industry in the world.</p>



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Ontario Food & Wine Tours

Our Uncork Ontario and Feast ON tours travel to different parts of Ontario to experience the local production of wines, spirits, beer, ciders, cheeses, vegetables, fruits, flours, and many other local foods in curated excursions. These tours offer an opportunity for direct access to Ontario's food and beverage practitioners. Learn from renowned winemakers, cheese makers, farmers, chefs, brewers and other professionals as they share their expertise in behind-the-scenes tours that include unique tastings and gourmet meals. These one-of-a-kind tours offer exclusive access to the wines, beer, meats, cheeses, vegetables, fruits and more that make up Ontario's culinary fabric.

For specific details on destinations, activities, and purveyors visited, visit gbcevents.eventbrite.ca.



COURSE NAME: Pizza
COURSE CODE: HOSF 9387
CREDIT HOURS: 24
COURSE CONTACT HOURS: 2.4
PREREQUISITES: HOSF 9088 Culinary Arts 1
COREQUISITES:
EFFECTIVE DATE: May 2015
PLAR ELIGIBLE: YES () NO (X)
PROFESSOR: To be determined

NOTE TO STUDENTS

Academic Departments at George Brown College will NOT retain historical copies of Course Outlines. We urge you to retain this Course Outline for your future reference.

EQUITY STATEMENT

George Brown College values the talents and contributions of its students, staff and community partners and seeks to create a welcoming environment where equity, diversity and safety of all groups are fundamental. Language or activities that are inconsistent with this philosophy violate the College policy on the Prevention of Discrimination and Harassment and will not be tolerated. The commitment and cooperation of all students and staff are required to maintain this environment. Information and assistance are available through your Chair, Student Affairs, the Student Association or the Human Rights Advisor.

George Brown College is dedicated to providing equal access to students with disabilities. If you require academic accommodations visit the Disability Services Office or the Deaf and Hard of Hearing Services Office on your campus.

STUDENT RESPONSIBILITIES

Students should be familiar with the college's policies regarding the grading system, withdrawals, exemptions, class assignments, missed tests and exams, supplemental privileges, and academic dishonesty. College policies can be viewed on the college's website at: <http://www.georgebrown.ca/policies>. Full-time students should obtain a copy of the Student Handbook and refer to it for additional information. Students are required to apply themselves diligently to the course of study, and to prepare class and homework assignments as given. Past student performance shows a strong relationship between regular attendance and success.

COURSE DESCRIPTION

Learn to make various styles of pizza, from Neapolitan, Northern Italian and Sicilian specialties to New York pizza pies, Chicago-style deep-dish and other contemporary trends. Use a variety of fresh and delicious ingredients such as mozzarella, San Marzano tomatoes, sausage, duck prosciutto and figs. Learn the different styles of dough and sauces that make pizza one of the most popular foods in the world.

ESSENTIAL EMPLOYABILITY SKILLS

As mandated by the Ministry of Training, Colleges and Universities essential employability skills (EES) will be addressed throughout all programs of study. Students will have the opportunity to learn (L) specific skills, to practice (P) these skills, and /or be evaluated (E) on the EES outcomes in a variety of courses. The EES include communication, numeracy, critical thinking & problem solving, information management, interpersonal and personal skills. The faculty for this course has indicated which of the EES are either Learned (L), Practiced (P), or Evaluated (E) in this course:

Skill	L	P	E	Skill	L	P	E
1. communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience				7. locate, select, organize and document information using appropriate technology and information sources			
2. respond to written, spoken or visual messages in a manner that ensures effective communication				8. show respect for the diverse opinions, values, belief systems, and contributions of others			
3. execute mathematical operations accurately				9. interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals			
4. apply a systematic approach to solve problems				10. manage the use of time and other resources to complete projects			
5. use a variety of thinking skills to anticipate and solve problems				11. take responsibility for one's own actions, decisions and consequences			
6. analyze, evaluate, and apply relevant information from a variety of sources							

COURSE OUTCOMES AND OBJECTIVES

Upon successful completion of this course, the student will be able to:

1. Produce recipes according to the prescribed directions within the laboratory on the day / night of instruction.
2. Demonstrate the correct procedures and techniques used in various exercises (i.e. decorating, etc.).
3. Use proper terminology related to products, ingredients, procedures, equipment and tools.

DELIVERY METHODS

Demonstration, practical lab experience, class discussion, question & answer may be employed.

LIST OF TEXTBOOKS AND OTHER TEACHING AIDS

Required:

Recipes to be provided in class

Basic tool kit

Scale

Plastic bowl scraper

Bench Scraper

Recommended / Optional:

TESTING POLICY

N/A

ASSIGNMENT POLICY

N/A

EVALUATION SYSTEM

Students must produce all recipes successfully (when assigned) in order to achieve a passing grade. Late arrivals may prevent the student from participating fully in the practical lab. **Please note that there are no makeup classes.**

Assessment Tool:	Description:	% of Final Grade:
Participation	Your attendance (4 out of 6 or 10 out of 12) and active participation in demonstrations and labs	P/NP
Uniform Standards	Adhere to George Brown Chef School quality and professionalism	P/NP
Sanitation & Safety	Adhere to sanitation and health & safety codes and requirements	P/NP
Cook Recipes to Completion	Complete weekly cooking labs following standardized recipes according to the instructors demonstration	P/NP
Final Grade		P/NP

GRADING SYSTEM

The passing grade for this course is: PASS/NO PASS

A+	90-100	4.0	B+	77-79	3.3	C+	67-69	2.3	D+	57-59	1.3	< 50	F	0.0
A	86-89	4.0	B	73-76	3.0	C	63-66	2.0	D	50-56	1.0			
A-	80-85	3.7	B-	70-72	2.7	C-	60-62	1.7						

Excerpt from the College Policy on Academic Dishonesty:

The minimal consequence for submitting a plagiarized, purchased, contracted, or in any manner inappropriately negotiated or falsified assignment, test, essay, project, or any evaluated material will be a grade of zero on that material. To view George Brown College policies please go to www.georgebrown.ca/policies.

Topical Outline

Week	Topic / Task	Outcome(s)	Content / Activities	Resources
1	Pizza Napoletana Pizza Romana	1-3	Lab/Demo	Manual
2	New York–Style Pizza	1-3	Lab/Demo	Manual
3	Pizza Alta in Teglia / Thick Crust Pizza	1-3	Lab/Demo	Manual
4	Chicago Deep-Dish Pizza	1-3	Lab/Demo	Manual
5	Focaccia — Barese, Scrocchiarella	1-3	Lab/Demo	Manual
6	Stuffed Pizza — Calzone, Stromboli, Parigina and Nutella Rolls	1-3	Lab/Demo	Manual
<p>Please note: this schedule may change as resources and circumstances require. For information on withdrawing from this course without academic penalty, please refer to the College Academic Calendar: http://www.georgebrown.ca/Adminutes/Registr/PSCal.aspx</p>				

GBC Continuing Education Guidelines for Practical Courses (Lab-Based)

Uniform Requirements

- GBC chef hat
 - GBC chef pants — black and white checkers or black with white pinstripe
 - GBC chef jacket
 - Necktie — older style chef jackets with low collars must be worn with neckties; newer style jackets have high collars do not need to be worn with a necktie)
 - White dish towels
 - Black leather, non-slip, closed front and back, steel-toe, safety certified (green triangular CSA tag) shoes
- Students will receive a voucher in their prerequisite courses for a uniform. The voucher is redeemable at the GBC bookstore for all of the above, with the exception of the safety shoes.
Purchasing safety shoes is the responsibility of the student. The GBC bookstore does carry safety shoes; however, not all sizes may be available all the time.

Student Do's and Don'ts

- **DO** come to class with a clean and ironed or pressed uniform. You will not be permitted into lab with a dirty uniform. Sanitation and professionalism are of the utmost importance.
- **DO** come to class in full uniform (including the first class). If you are not in full uniform, you may not participate in the lab.
- **DO** practice good hygiene.
- **DO** remove your apron and hat prior to going to the restroom.
- **DO** take photographs of your work and products.
- **DO** turn off all mobile devices for the duration of the lab.
- **DO** keep nails trimmed short. This is a breeding ground for bacteria.
- **DO** tie your hair back if it is long enough to fit into a hair elastic (anything shoulder length or below)
- **DO** keep all beards trimmed short.
- **DO** come to class *on time*
- **DO NOT** change into your uniform in the lab. Use washrooms or change room on second floor.
- **DO NOT** wear cologne or perfume to class. Some of your fellow students may have sensitivities to strong odours and it can interfere with your senses when cooking.
- **DO NOT** wear any jewellery to class including:
 - Watches
 - Necklaces
 - Bracelets
 - Earrings
 - Nose or facial piercings
 - Rings (except plain wedding bands)
- **DO NOT** wear any nail polish (even clear nail polish). This is a food contamination issue!
- **DO NOT** video record lessons and demo.

History of Pizza

In this course we will explore the evolution of pizza from its historical origins in Naples through its contemporary variations throughout Italy and North America.

Flatbreads similar to pizza date back to the Neolithic age. From Mediterranean pitas to Indian rotis and naan, flatbreads have ancient roots in many different cultures.

The word pizza most likely derived from *panis focaaci*, a Roman flatbread that evolved to become focaccia. Perhaps the mother of all pizzas, focaccia, has many popular variations through Italy. It can be thick and soft, thin and crunchy, crispy on the outside, and soft on the inside. Typically, the toppings are scattered or embedded on the surface or the bread is split in half and filled with cheeses and cold cuts.

The use of the word pizza was first documented in Gaeta, Italy around 997 AD and then later spread to other parts of central and southern Italy.

What we think of as pizza in modern times has its roots in Naples. In the 16th century Naples, pizza was a street food dish for the lower classes. Traditionally, the pizza has sparse toppings and is folded into four. When in Naples ask for pizza “*a libretto*,” meaning folded as a booklet or, “*a portafoglio*,” meaning folded like a wallet.

Tomatoes were not used as a topping until they were imported from the New World and found a home in the warm, sunny climate of southern Italy. As tomatoes were integrated into Italian cuisine, San Marzano DOP tomatoes became integral to an authentic Neapolitan pizza.

Varieties of Pizza

Different styles of pizza can be found around Italy. In and around Rome, pizza can have thin and crispy crust while fluffier, thick-crust pizzas and focaccias are found in southern and northern regions of Italy.

Neapolitan pizza has a flavourful, thin crust with a chewy crumb and thicker fluffy border called *cornicione* (big frame). The dough is low-fat lean dough made only of high protein 00 flour, water, salt, and yeast. Traditional Neapolitan pizza is made with a minimal amount of yeast and proofed at room temperature for six to eight hours. The dough should be used within four hours after proofing. The crust is always stretched by hand since a rolling pin would deflate the air bubbles created during the slow rise that create the distinctive texture of the crust. The pizza should be topped with uncooked tomato sauce and fresh mozzarella. Baking the pizza in an extremely hot oven (485°C or 900°F) for 90 seconds creates the pizza's characteristic puffy and charred crust.

In 1984, the non-profit organization *Associazione Verace Pizza Napoletana* was founded in Naples to protect true Neapolitan pizza. Since February 2010, Neapolitan Pizza has been designated as a *Specialità Tradizionale Garantita* (traditional specialty

guaranteed) by the E.U. According to detailed E.U. regulations a *pizza Napoletana* must meet specific requirements regarding ingredients and methods.

A classic pizza Margherita is made with tomato, mozzarella, basil, and olive oil. Legend goes that in 1889, Raffaele Esposito, pizza maker at Brandi Pizzeria, created a pizza with the colours of the Italian flag — basil for green, mozzarella for white, tomatoes for red — in honour of Queen Margherita of Savoy's visit to Naples.

Pizza in teglia or *pizza al taglio* is a thick-crust pan pizza often referred to as Sicilian style dough in North America. The crust is thick and soft, but crispy on the bottom and sides from greasing the pan in which it is baked. The pizza is made with high-hydration dough made with high-protein flour; quite often, the dough uses sourdough starter and slow fermentation to develop the flavour of the crust.

In Italy, this pizza is usually baked in large trays, topped and placed in a window to be sold. It is cut into squares and sold by weight. It is often plain white or topped with a simple tomato sauce, though a variety of other toppings may be used.

Pizza alla pala or *pizza al metro* is a long pizza that is baked directly on the oven floor. It is typically cut and sold by the meter.

The traditional calzone is a pizza disc filled with meats, cheeses, and vegetables that is folded in half to create a moon shape. Traditionally the dough is similar to a Neapolitan crust but it can be made with any kind of pizza dough. A traditional fried version filled with tomato and mozzarella is called *panzerotto*.

Spread of Pizza

As Italian immigrants made their way to America in the 19th century, they brought a wealth of culinary traditions with them and pizza found a new home in the United States. Pizza evolved in new directions in New York, New Jersey, and Chicago to create new distinctive styles.

In 1905, Neapolitan Gennaro Lombardi opened the first American pizzeria. Antonio "Totunno" Pero, an employee at Lombardi's store, started making pizza that sold for 5 cents a pie. Not everyone could afford a whole pizza, and so they would pay what they could for a slice of pizza, beginning the New York tradition of pizza by the slice. In 1924, Totunno left Lombardi's and he opened his own pizzeria in Coney Island. Both Lombardi's and Totunno's continue to serve customers to this day.

In America, pizza became thicker and was usually cooked at a lower temperature in coal or gas ovens. The use of grated dry mozzarella and a richer, cooked sauce became common. American pizza makers also began to use more oil and sugar in the crust. Oil coats the flour and inhibits gluten development, making for more tender dough while the use of sugar helps the browning of the crust. New York-style pizza is usually proofed overnight at a cold temperature, up to 48 to 72 hours.

The head pizza maker at Uno Pizzeria in Chicago reportedly invented another American variation, Chicago deep-dish pizza. The pizza is normally cooked in a special round pan that is 1 ½-inches deep to allow for a high edge crust necessary to hold the standard thickly layered toppings. The toppings are layered in reverse order compared to a common pizza — first sliced mozzarella, followed by toppings, chunky sauce, and Parmesan. The pizza requires a longer cooking time at lower temperature. Authentic Chicago deep-dish pizza crust has a biscuit-like texture which requires low-protein flour, such as all-purpose flour and minimal mixing to create tender, flaky dough. The dough typically uses 3 tablespoons of oil for every cup of flour, with about 95% corn oil and 5% extra virgin olive oil. The pan is also greased with oil to facilitate removal of the pizza and to create a crispy fried effect on the outside of the crust

Stromboli is a North American interpretation of a calzone. It is a filled pizza roll that can be easily transformed into individual buns by baking in a muffin tin. It was named after the title of the movie *Stromboli* in theatres at the time of its creation in the 1950s.

Contemporary pizzas have evolved to include a variety of modern and sophisticated toppings. Often associated with California, toppings such as figs, prosciutto, arugula and other creative variations are now very popular.

Pizza Dough

Pizza dough takes about four hours from start to finish, allowing for autolyse, kneading, a two-hour bulk fermentation, and at least one hour for dough balls to proof.

For best rise, the dough needs warmth and moisture. Yeast works most efficiently at a temperature of 32°C (90°F), slightly warmer than room temperature. Yeast starts to die at 45°C (113°F).

For better flavour, it is best to ferment the dough slowly at lower temperatures. Cool fermentation allows for the yeast to create more flavourful compounds and for enzymes in the dough to improve its texture. To reap the benefits of slow fermentation, refrigerate dough balls overnight after shaping. Take them out of the fridge at least one hour before needed.

Luckily, pizza dough can be rushed, without too much damage, by cutting back each phase of dough preparation, although the flavour will be somewhat compromised.

When you are trying to hurry your dough, you might want to use either a bread machine dough cycle, or an oven set on the proofing temperature if you have the setting. As an alternative, make a proofing chamber by placing a pot of boiling water in an enclosed space such as the oven or a microwave.

Here is how you should proof your dough, based on how much time you have:

2 hours

90 minutes in bread machine/proofer, shape pizza balls, 30 minutes rest

90 minutes

60 minutes in bread machine/proofer, shape pizza balls, 30 minutes rest

75 minutes

60 minutes in bread machine/proofer, shape pizza balls, 15 minutes rest

60 minutes

45 minutes in bread machine/proofer, shape pizza balls, 15 minutes rest.

(From Forno Bravo — http://www.fornobravo.com/pizza/pizza_dough-inahurry.html)

Try to shape your dough as quickly as you can, with as little actual hand contact as possible — the dough will become tough if over-handled — and you will be rewarded with a pizza that is both crisp and delicate.

WEEK 1

Pizza Napoletana Dough

Yield: 4 pizzas

Ingredients

335-350g lukewarm water (may be up to 390 for home)
14g fresh yeast
570g 00 flour (11-12% protein)
14g fine sea salt

Method

1. In a large bowl, dissolve the yeast in some of the water. Add the remaining water, flour and salt and mix until it comes together. Cover and rest for 15 to 20 minutes.
2. Knead the dough on a lightly floured surface until smooth, 8 to 10 minutes. Cover with a damp cloth or plastic and let it rise in a proofer for 1 hour (*puntata*).
3. Divide dough into 4 equal pieces and shape each into a ball (*staglio*). Each pizza ball should weigh between 180g and 250g
4. Lightly flour or oil each ball and place on floured or oiled baking tray, with lots of space between the pieces. Cover with plastic and proof for 1 hour in a proofer or at room temperature up to 6 hours or until double in volume. Meanwhile, prepare the sauce and toppings (*appretto*). For easier shaping of the final dough the bulk fermentation can be reduced to 30 minutes and the proofing can be extended an extra 15 to 30 minutes.
5. **Baking in a home oven**
Arrange one oven rack in the top third and one on the bottom third of the oven. Place a stone, steel, or a baking tray upside down on the top third rack, and one on the bottom third rack. Heat the oven to maximum temperature about 500°F-550°F (260°C-280°C) for at least 30minutes to 1 hour.
6. Dust your hands with flour; take a pizza ball and turn it over so the bottom side is up. Gently flatten it into a circle by pushing the air from the centre to the outside, working in a circle to keep the thickness consistent. Work until the dough is 4mm to 5mm thick with a border that is 1cm to 2cm thick. Never shape the dough with a rolling pin or it will come out thin and tough instead of pillowy and chewy.
7. Transfer the dough to a well-floured peel. Even out any thick spots by pushing the dough with your fingertips to obtain a final circle that is 25cm to 30cm wide.
8. Use a spoon to spread a thin layer of sauce over the pizza. You should still see the dough through the sauce. Cover with toppings as desired (see next page). Bake until golden, about 6 to 8 minutes. Slide a pizza onto the top rack and bake or broil until it

puffs up and starts to colour, 1-2 minutes. Move the pizza to the bottom third rack and bake until cooked to your liking (approximately 3-6 minutes).

Notes

Traditionally the bulk fermentation (puntata) and proofing (appretto) are done at room temperature for 8 hours in total with a much lower amount of yeast. For more info, see Slow-Rise Pizza Napoletana.

Baking your Lower Hydration Napoletana (up to 350 g water) in a pizza oven

Heat oven to maximum temperature (485C/ 905 F) at least half hour prior to bak-ing. Slide pizza directly onto oven surface and rotate every 25 seconds for 1 to 1.5 minutes.

Pizza Napoletana Toppings

Yield: 4 pizzas

PIZZA NAPOLETANA MARINARA

Ingredients

Metric	Imperial	
320g	1 1/3 cup	coarsely puréed San Marzano tomatoes
2.5g	1/2tsp	fine sea salt
10g	1pc	garlic clove, minced
5g	1tsp	dried oregano
20g	4tsp	extra virgin olive oil

Method

1. With a spoon, place 80g or 1/3 cup of tomatoes in the center of the pizza base, then using a spiral motion, cover the surface with the sauce. Sprinkle with salt.
2. In the same manner, scatter the garlic and oregano over the surface of the pizza.
3. Starting from the center and moving out, drizzle extra virgin olive oil over the pizza.

Notes

PIZZA NAPOLETANA MARGHERITA

Ingredients

Metric	Imperial	
240g		coarsely puréed San Marzano tomatoes
2.5g	1/2tsp	fine sea salt
250g		fior di latte mozzarella, sliced
20g	4tsp	extra virgin olive oil
		fresh basil, as needed

Method

1. With a spoon, place 1/4 cup of tomatoes in the center of the pizza base, then using a spiral motion, cover the surface with the sauce. Sprinkle with salt.
2. Scatter sliced fior di latte mozzarella on the surface, and then the fresh basil leaves. Starting from the center and moving out, drizzle extra virgin olive oil over the pizza.

Notes

PIZZA NAPOLETANA MARGHERITA EXTRA

Ingredients

Metric	Imperial	
240g		coarsely puréed San Marzano or chopped fresh cherry tomatoes
2.5g	1/2tsp	fine sea salt
250g		D.O.P Buffalo Mozzarella, sliced
20g	4tsp	extra virgin olive oil

Method

1. With a spoon, place 1/4 cup of tomatoes or chopped fresh cherry tomatoes in the center of the pizza base, then using a spiral motion, cover the surface with the sauce/chopped tomatoes. Sprinkle with salt.
2. Scatter sliced mozzarella on the surface, and then the fresh basil leaves. Starting from the center and moving out, drizzle extra virgin olive oil over the pizza.

Notes

Slow-Rise Pizza Napoletana Dough

(Bonus recipe)

Yield: 6 x 25cm to 30cm pizzas

Ingredients

500-550g	lukewarm water (see notes)
1.5g	fresh yeast
850g	00 pizza flour
20-25g	sea salt

Method

1. In a large bowl, dissolve the yeast in some of the water. Add remaining water, flour and salt, and then mix until it comes together. Cover and rest for 20 minutes.
2. Knead the dough on a lightly floured surface or in a mixer on low speed until smooth, 8 to 10 minutes. Cover with a damp cloth or plastic and let it rise at room temperature for 2 hours.
3. Divide the dough into 6 to 8 pieces, shape into balls. Place on a floured tray and cover, then proof 4 to 6 hours at room temperature or overnight in the refrigerator. If proofing overnight, remove the balls of dough from the refrigerator 4 hours before baking.
4. **Baking in a home oven**
Arrange one oven rack in the top third and one on the bottom third of the oven. Place a stone, steel, or a baking tray upside down on the top third rack, and one on the bottom third rack. Heat the oven to maximum temperature about 500°F-550°F (260°C-280°C) for at least 30minutes to 1 hour.
5. Dust your hands with flour; take a pizza ball and turn it over so the bottom side is up. Gently flatten it into a circle by pushing the air from the centre to the outside, working in a circle to keep the thickness consistent. Work until the dough is 4mm to 5mm thick with a border that is 1cm to 2cm thick. Never shape the dough with a rolling pin or it will come out thin and tough instead of pillowy and chewy.
6. Transfer the dough to a well-floured peel. Even out any thick spots by pushing the dough with your fingertips to obtain a final circle that is 25cm to 30cm wide.
7. Use a spoon to spread a thin layer of sauce over the pizza. Cover with toppings as desired (see previous pages). Slide a pizza onto the top rack and bake or broil until it puffs up and starts to colour, 1-2 minutes. Move the pizza to the bottom third rack and bake until cooked to your liking (approximately 3-6 minutes).

Notes

When making slow-rise dough it is advised to use flour with high protein content as it will form a strong gluten network that can hold the gases during a long rise.

The water content of the dough can be increased to 600g if baking in a regular home oven. If baking in a specialty pizza oven maintain hydration as specified in the recipe.

Baking your Lower Hydration Neapolitana in a pizza oven

Heat oven to maximum temperature (485C/ 905 F) at least half hour prior to baking.

Slide pizza directly onto oven surface and rotate every 25 seconds for 1 to 1.5 minutes.

Pizza Romana

Yield: 4 pizzas

Ingredients

230–240g lukewarm water
10g fresh yeast
5g sugar
400g 00 flour (11-12% protein)
20g extra virgin olive oil
5g fine sea salt
tomato sauce, as needed
mozzarella, as needed

Method

1. Dissolve yeast and sugar in a little warm water taken from the total. Let stand for 5 minutes to activate the yeast, and then add remaining water. Place the flour into a large shallow bowl. Gradually mix in the yeast slurry until the dough comes together.
2. Knead in the salt and drizzle in the oil a little at a time until incorporated. Cover and rest for 10 minutes. Transfer to a work surface and stretch and fold 4 to 5 times. Shape into a ball and place in a lightly oiled bowl. Cover and let rise in a warm, draft-free spot, ideally a proofer, until doubled in volume, about 1 hour. Divide the dough into 4 equal pieces, about 160g each, and shape into balls. Place on a lightly oiled tray, cover and proof 45 minutes to 1 hour.
1. **Baking in a home oven**
Arrange one oven rack in the top third and one on the bottom third of the oven. Place a stone, steel, or a baking tray upside down on the top third rack, and one on the bottom third rack. Heat the oven to maximum temperature about 500°F-550°F (260°C-280°C) for at least 30minutes to 1 hour.
2. Lightly dust a surface with flour; take a pizza ball and turn it over so the bottom side is up. Gently flatten it into a circle. Using a rolling pin, shape the dough into 27cm to 30cm circle. If the dough resists, let it rest for a few minutes.
3. Use a spoon to spread a thin layer of sauce over the pizza. Sprinkle with a handful of mozzarella. Starting from the center and moving out, drizzle extra virgin olive oil over the pizza. Slide a pizza onto the top rack and bake or broil until it puffs up and starts to colour, 1-2 minutes. Move the pizza to the bottom third rack and bake until cooked to your liking (approximately 3-6 minutes). Remove from oven. Any raw toppings, such as arugula or prosciutto, should be added just before serving.

Notes

To make your own proofer; bring a small pot of water to the boil and place into a turned-off oven with the balls of dough. Alternatively, heat a bowl of water in the microwave for 1 to 2 minutes. When it turns off, add the dough to the microwave, and close the door and proof for 1 hour.

For easier shaping of the final dough the bulk fermentation can be reduced to 30 minutes and the proofing can be extended an extra 15 to 30 minutes.

WEEK 2

New York–Style Pizza Dough

Yield: 2 x 12-14 inch pizzas

Ingredients

Metric	Imperial	
310–320g	11oz	warm water
10g	2tsp	sugar
7g	1/4oz	instant or active dry yeast
470g	16.5oz	all-purpose flour
10g	2tsp	salt
40g	3tbsp	olive oil, divided into 20g and 20g
50g	2oz	semolina or extra flour

Method

1. **To mix the dough by hand:** dissolve yeast and sugar in 100ml of warm water taken from the total. Rest for 5 to 10 minutes to activate the yeast. Combine the flour and salt in large bowl. Stir in yeast slurry, remaining water, and oil. Mix to form a soft dough.
2. Transfer dough onto a lightly floured surface and knead until the dough is smooth and elastic, about 5 to 10 minutes, using a little extra flour as needed to prevent sticking.
3. **To mix the dough in a food processor:** dissolve yeast and sugar in 100ml of warm water taken from the total. Rest for 5 to 10 minutes to activate the yeast. Add the flour to a food processor and pulse a couple of times to aerate. With the machine running, add the yeast slurry and remaining water through the feeding tube. Process until dough is just combined and no dry flour remains, about 10 seconds.
4. Rest the dough for 10 minutes; add the salt and half the oil to the dough. Process until dough forms a ball that clears the sides of the bowl, about 30 to 60 seconds. Transfer the dough to a lightly floured surface and knead once or twice by hand until smooth.
5. Shape the dough into a ball and place in a lightly oiled bowl, cover and let rise in warm place until doubled in volume, about 30 to 45 minutes.
6. Transfer dough to a lightly floured surface and divide into two pieces. Shape into balls. Cover and let the dough rest for 10 to 30 minutes.
7. **Baking in a home oven**
Arrange one oven rack in the top third and one on the bottom third of the oven. Place a stone, steel, or a baking tray upside down on the top third rack, and one on

the bottom third rack. Heat the oven to maximum temperature about 500°F-550°F (260°C-280°C) for at least 30minutes.

8. On a floured surface, gently flatten the dough into a 7 to 8 inch disc, leaving a 3/4-inch border. Let rest for 2 to 3 minutes. Continue stretching and resting until dough is 12 to 14 inches in diameter. Alternate the stretching and resting between the two pieces of dough.
9. Transfer the dough to a pizza peel (or parchment paper) dusted with semolina and stretch with your hands another inch or two.
10. Alternately, slide the dough onto a 12- to 14-inch preheated pizza pan sprinkled with semolina or flour. Top with sauce, cheese, or other toppings as desired (see next page).
11. Slide pizza onto the top rack and bake or broil until it puffs up and starts to colour, about 2 minutes. Move the pizza to the bottom third rack and bake until crust is well browned and cheese is bubbly, about 5 to 7 additional minutes.

Notes

New York-Style Pizza Toppings

Yield: 2 x 12–14 inch pizzas

Ingredients

Metric Imperial

New York Style Pizza Sauce

300g	1 1/4 c	whole peeled San Marzano tomatoes, seeded
30ml	2tbsp	double-concentrate tomato paste
15ml	1tbsp	extra virgin olive oil
1g	1/4tsp	dried oregano
1g	1/4tsp	sea salt
1g	1/4tsp	sugar (optional)

Basic Toppings

250g	9oz	New York–style pizza sauce
20g	2tbsp	grated Parmigiano Reggiano or Grana Padano
227g	8oz	grated dry mozzarella cheese, chilled

Optional Toppings

115g	4oz	extra cheese
80g	3oz	sliced pepperoni
227g	8oz	Italian sausage, casings removed, crumbled, and cooked
80g	3oz	sliced salami
1pc	1pc	medium-sized fresh pepper, cut into strips
1pc	1pc	large onion, sliced and marinated
250g		sliced mushrooms, marinated
60g	2oz	olives, pitted
80g	3oz	sliced or diced ham
80g	3oz	double smoked bacon, cut into pieces and cooked

Method

Sauce

1. Crush half of the tomatoes by hand and purée the other half with the tomato paste.
2. Mix together the hand-crushed and puréed tomatoes with oil.
3. Season with salt and oregano. Add the sugar if needed. The sauce can be made up to 4 days in advance.

Toppings

4. Spread about 1/2 cup tomato sauce in a thin layer over the surface of dough, leaving about 1/4-inch border around the edge.
5. Sprinkle Parmigiano evenly over sauce, and then add about 3/4 cup shredded mozzarella. Add one or two more toppings.

Notes

Alternatively, coarsely purée tomatoes with tomato paste.

Quick-Pickled Peppers

Yield: 1 to 2 pints, depending on size of vegetables

Ingredients

Metric	Imperial	
227g		hot peppers, sliced
120ml	1/2c	apple cider vinegar
120ml	1/2c	water
2pc	2pc	garlic cloves, halved (optional)
5g	1tsp	sugar
5g	1tsp	salt
	2tbsp	olive oil

Method

1. Place sliced peppers into a clean jar.
2. Bring remaining ingredients to a boil. Turn off heat; stir to dissolve sugar and salt.
3. Pour the brine over the peppers and let cool to room temperature.
4. Cover and refrigerate.

Notes

Keeps refrigerated for 1 to 2 months.

Slow-Rise New York–Style Pizza Dough

(Bonus recipe)

Yield: 3 x 14-inch pizzas

Ingredients

Metric	Imperial	
800g	28oz	all-purpose or bread flour
17g	4tsp	sugar
15g	3tsp	sea salt
4g	1tsp	instant dry yeast
520g	18oz	room-temperature water
45g	3tbsp	olive oil
50g	2oz	semolina or extra flour

Method

1. Dissolve yeast and sugar in 100ml of warm water taken from the total. Rest for 5 to 10 minutes to activate the yeast. Add the flour and salt to a food processor and pulse a couple of times to aerate. With the machine running, add the yeast slurry, remaining water and oil through the feeding tube. Process until dough forms a ball that clears the sides of the bowl, about 30 to 60 seconds.
2. Transfer the dough ball to a lightly floured surface and knead once or twice by hand to form a smooth ball. Divide dough into 3 to 4 even parts and place each in a covered container. Refrigerate for at least 24 hours and up to 5 days.
3. At least two hours before baking, remove dough from refrigerator and shape into balls. Flour well and place each one into a separate mixing bowl. Cover tightly with plastic wrap and allow to proof at room temperature until doubled in volume.
4. At least 30 minutes to 1 hour before baking, arrange one oven rack in the top third and one on the bottom third of the oven. Place a stone, steel, or a baking tray upside down on the top third rack, and one on the bottom third rack. Heat the oven to maximum temperature about 500°F-550°F (260°C-280°C).
5. Transfer a dough ball onto a lightly floured surface. Gently press the dough outward with your fingertips into a 7- to 8-inch disc leaving about 3/4 inch border. Let rest 2 to 3 minutes. Continue stretching and resting until dough is 12 to 14 inches in diameter.
6. Transfer the dough to a pizza peel (or parchment paper) dusted with semolina and stretch with your hands another inch or two. If you are not using a pizza stone, slide the dough onto a 12- to 14-inch preheated pizza pan sprinkled with semolina or cornmeal and top with sauce, cheese, or other toppings.

7. Carefully slide pizza onto the top rack and bake or broil until it puffs up and starts to colour, about 2 minutes. Move the pizza to the bottom third rack and bake until crust is well browned and cheese is bubbly, about 5 to 7 additional minutes.

Notes

WEEK 3

Pizza in Teglia Dough

Yield: 2 x 18x13-inch or 4 x 9x13-inch pizzas

Ingredients

Metric	Imperial	
500g	17.5oz	warm water (38°C–46°C)
10-14g	1/4oz	fresh yeast (or 3.5g active dry yeast)
2.5g	1/2tsp	sugar
800g	28oz	00flour
20g	4tsp	olive oil, plus additional for oiling bowl
20g	4tsp	sea salt

Method

1. Pour about 125ml (1/2 cup) of the total water into a large bowl. Gently stir in the yeast and sugar. Let stand for 5 minutes to activate the yeast.
2. Add the remaining water and the flour. Gradually mix until the dough comes together, about 5 minutes. Knead in the salt and oil until incorporated. Shape into a ball. Cover and let rest for 10 minutes.
3. Transfer the dough onto a floured surface and knead in a stretch and fold motion until smooth and springy, about 3 to 4 minutes. Cover the dough and let it rest for 15 minutes. If the dough isn't elastic after resting, knead for another 3 to 4 minutes and rest for 15 minutes.
4. Divide the dough as needed. For a half-sheet pan you will need 700g of dough. Shape each piece into a square. Place on a lightly oiled tray well distanced from each other. Cover, and let rise in a warm, draft-free spot, ideally a proofer, until doubled in size, about 1 hour.
5. After proofing, transfer the dough to a floured surface and gently stretch into a larger rectangle, being careful not to deflate it too much. Place the dough on an oiled baking sheet, gently stretching it to the corners. Spread with tomato sauce or other toppings (see next recipe) and place in the oven/proofer to proof for 30 minutes.
6. Remove the pizza from the oven (that you are using as a proofer) and set aside to finish proofing. Meanwhile, turn the oven to 500°F (260°C) and preheat for at least 30 minutes.
7. Bake the pizza on the bottom rack for 10 minutes. Move to the middle or top rack and continue baking for an additional 4 to 5 minutes. Remove from the oven, and garnish with fresh basil and a drizzle of olive oil or as desired.

Notes

To make your own proofer; bring a small pot of water to the boil and place into a turned-off oven with the balls of dough. Alternatively, heat a bowl of water in the microwave for 1 to 2 minutes. When it turns off, add the dough to the microwave, and close the door and proof for 1 hour.

Pizza in Teglia Toppings

MARGHERITA

Ingredients

300g	San Marzano tomatoes, hard stem end and skins removed
1/2tsp	sea salt
250g	fior di latte mozzarella, diced and dried over paper towels
30ml	extra virgin olive oil
1/4bu	basil

Method

1. Crush the tomatoes by hand and mix with salt and half the oil. Spread the sauce over the dough. Proof 30 minutes.
2. Top with mozzarella. Bake the pizza on the bottom rack for 10 minutes. Move to the middle or top rack and continue baking until golden, about 4 to 5 minutes.
3. Garnish with fresh basil and a drizzle of olive oil.

OLIVES, CAPERS AND RED ONION PIZZA

Ingredients

30ml	extra virgin olive oil, divided
1pc	red onion, sliced (approx 300g)
300g	San Marzano tomatoes, crushed
100g	infornate olives
45ml	capucine capers
5g	chili flakes
	salt, to taste

Method

1. Heat 15ml oil in a sauté pan. Add the onion and cook until softened. Add the tomatoes, olives, capers, and chili flakes.
2. Cook for 15 to 20 minutes. Season and set aside to cool to room temperature.
3. Spread the sauce over the dough. Proof 30 minutes.
4. Bake the pizza on the bottom rack for 10 minutes. Move to the middle or top rack and continue baking until golden, about 4 to 5 minutes.

Notes

FIG AND BRESAOLA PIZZA

Ingredients

250g fior di latte mozzarella
80g-100g bresaola
60g baby arugula / baby rocket
6-8pc fresh figs (or 8–10 dry figs, cut into quarters)
fresh basil, as needed
extra virgin olive oil, as needed
freshly ground black pepper, as needed

Method

1. Proof the dough. Scatter the top evenly with mozzarella and half the figs.
2. Drizzle with oil. Bake the pizza on the bottom rack for 10 minutes. Move to the middle or top rack and continue baking until golden, about 4 to 5 minutes.
3. When out of the oven, scatter the bresaola and arugula, basil and the remaining figs over the pizza. Then drizzle with a little more oil. Season with black pepper.

Notes

Slow-Rise Pizza in Teglia Dough

(Bonus recipe)

Ingredients

266g	water
2g	fresh yeast (or 1g dry yeast)
380g	00 flour (at least 12% protein)
10g	extra virgin olive oil
10g	salt

Method

1. In a large bowl dissolve the yeast in the water. Add two-thirds of the flour and start mixing with a wooden spoon. Add the remaining flour, oil, and salt and continue mixing until smooth but still sticky. Start kneading in the bowl with one hand until the dough is tacky. Cover and rest for 15 minutes.
2. Transfer the dough onto a floured surface and knead until smooth and springy, about 3 to 4 minutes. Cover the dough and let it rest for 15 minutes. If the dough isn't elastic after resting, knead for another 3 to 4 minutes and rest for 15 minutes.
3. Place the dough in a lightly oiled bowl, cover with plastic wrap and refrigerate overnight.
4. At least 3 hours before baking, remove from the fridge. Place the dough onto a lightly floured surface and gently flatten. Fold into thirds, as if folding a business letter. Place back onto a lightly oiled baking sheet seam side down. Cover and let rise for three hours.
5. After proofing, transfer the dough to a floured surface and gently stretch into a rectangle, being careful not to deflate it too much. Place the dough on an oiled baking sheet, gently stretching it to the corners. Spread with tomato sauce (see previous page) and place in an oven that is off to proof for 30 minutes.
6. Remove the pizza from the oven/proofer. Meanwhile, turn the oven to the maximum temperature and preheat for at least 30 minutes.
7. Bake the pizza on the bottom rack for 10 minutes. Add cheese. Move to the middle or top rack and continue baking for an additional 4 to 5 minutes. Remove from the oven, and garnish as desired.

Notes

WEEK 4

Chicago Deep-Dish Pizza Dough

Yield: 2 to 3 x 9-inch pizzas

Ingredients

Metric	Imperial	
195g	6.8oz	warm water
2.2g	1/2tsp	active dry yeast
1.2g	1/4tsp	sugar
325g	11.5oz	all-purpose flour
1.6g	1/2tsp	fine sea salt
85g	6tbsp	corn oil
5g	1tsp	extra virgin olive oil

Method

1. Mix the water, yeast, and sugar in a measuring cup or small bowl. Whisk together the flour and salt. Add the oils to the flour and mix with your fingers until it is mostly incorporated and looks like coarse sand. Add the yeast slurry to the flour and mix with a fork or your fingers until evenly moistened and there are no lumps. Scrape onto a lightly floured surface and fold dough 3 to 4 times or just until smooth. The whole mixing process should take 2 to 3 minutes at most. Do not knead too much.
2. Place the dough in a lightly oiled bowl, cover with plastic wrap place in a proofer and let rise until dough has doubled, about 1 hour.
3. Divide the dough in two equal pieces, shape into balls, cover, and let rest for about 30 minutes to 1 hour in a proofer.
4. While the dough is rising, place a pizza stone in the bottom rack of the oven and heat the oven to 500°F (260°C). It should take about 40 minutes to an hour to preheat the stone. Prepare the sauce and toppings.
5. Lightly grease the bottom but not the sides of a deep-dish pizza pan. For thinner sides, spread the dough on a lightly floured surface, then transfer to the pan, drape over the edges, gently pushing down the sides to get in the corners. Chill for 15 minutes before filling.
Alternatively, press the dough in the pan from center to the edge, making it as flat and even as possible. Pinch up the sides so that they're 1 to 1-1/2 inches high. Chill for 15 minutes before filling.
6. To fill the pizza; lightly press a layer of sliced cheese into the dough, overlapping the slices until the entire bottom is covered. Add any other ingredients that you want to protect from burning (see next pages). With a large spoon or ladle, spread the sauce from the center out to the edge until the cheese and other ingredients are completely covered with sauce. Sprinkle grated Parmigiano cheese on top of the sauce.

7. Turn oven down to 450°F (232°C) and place the pan directly on top of the pizza stone. Bake until golden and bubbling, about 30 to 40 minutes. If your crust or toppings start to char on top, place a loose sheet of aluminum foil over the top of the pizza for the remaining baking time.
8. Remove from oven, let pizza rest for 5 minutes, then cut and serve.

Notes

After the first rise the dough could be used immediately, or deflated, re-shaped into balls, and refrigerated for 6 to 24 hours for slow-rise dough.

Chicago Deep-Dish Pizza Toppings

TOMATO SAUCE

Ingredients

Metric	Imperial	
	28oz can	San Marzano tomatoes
10g	2tsp	oregano, crushed
5g	1/2tsp	sea salt
1-2pc	1-2pc	garlic cloves, puréed
15g	1tbsp	extra virgin olive oil
8pc	8pc	basil leaves, chopped
		Pinch of sugar

Method

1. Pour tomatoes into a shallow pot. Add the oregano and crush the tomatoes. Cook over medium-low heat until thick, about 20 to 30 minutes.
2. Remove from the heat and add the garlic, oil and basil. Season with salt. Cool to room temperature before using.

ALL-CHEESE DEEP-DISH PIZZA

Ingredients

Metric	Imperial	
150–200g	5–7oz	sliced low-moisture mozzarella
150–200g	5–7oz	sliced provolone
350ml		tomato sauce
	1/4bu	basil
		Parmigiano, as needed

Method

1. Lightly press sliced cheese into the dough, overlapping the slices until the entire bottom is covered. Add basil and sauce. Sprinkle with Parmigiano and bake as directed.

Notes

For a pepperoni pizza; add 60g (about 24 slices) of pepperoni on top of the sauce and bake as directed.

Other toppings such as sweet or hot peppers, cooked onions, garlic, olives, cooked spinach, and more can be added to the basic cheese pizza between cheese and sauce

SAUSAGE DEEP-DISH PIZZA

Ingredients

Metric	Imperial	
200g	7oz	sliced low moisture mozzarella
200g	7oz	uncooked mild or hot Italian sausage, casings removed
	1/4bu	basil
350ml		sauce
20g	2tbsp	grated Pecorino Romano, Parmigiano cheese, or Grana Padano

Method

1. Lightly press sliced cheese into the dough, overlapping the slices until the entire bottom is covered. Scatter bits of sausage to cover the cheese. Add basil and sauce. Sprinkle with Parmigiano and bake as directed.

ROASTED VEGETABLES DEEP-DISH PIZZA

Ingredients

Metric	Imperial	
200g	7oz	sliced low moisture mozzarella
200g	1 1/2c	roasted vegetables
350ml	1 1/2c	sauce

Method

1. Lightly press sliced cheese into the dough, overlapping the slices until the entire bottom is covered. Scatter vegetables to cover the cheese. Add the sauce. Sprinkle with Parmigiano and bake as directed.

Notes

WEEK 5

La Scrocchiarella

Typical of the areas around Rome, scrocchiarella is thin and crispy. It is normally split in half and filled with mortadella and then served as a sandwich.

Yield: 1 x 13x18-inch or 2 x 9x13-inch loaves

Ingredients

400g	00 or 0 flour
8g	potato flakes (optional)
300g	water
8g	fresh yeast (or 4g dry yeast)
5g	sugar or honey
5g	fine sea salt
30g	extra virgin olive oil
10g	flaky sea salt
1pc	rosemary sprig
30ml	olive oil
250g	Italian mortadella, thinly sliced

Method

1. In a large bowl mix flour and potato flakes, if using. Mix together 200ml of the water with yeast and sugar. Add the yeast slurry to the flour. Start mixing in remaining water and salt until combined. Rest the dough for 10 minutes.
2. Add the oil and knead until smooth, about 5 minutes. Place in an oiled bowl and ferment in proofer until tripled in volume, about 1 hour and 30 minutes.
3. Transfer the dough onto a lightly floured surface and fold into thirds. Divide the dough into two pieces and fold each into thirds. Turn seam side down, cover with a towel and rest 15 to 20 minutes.
4. Start pressing the dough on the counter, then transfer onto oiled baking trays and spread to the corners, taking care not to break any large bubbles.
5. Sprinkle with flaky sea salt and rosemary, and drizzle evenly with oil. Proof in the baking trays for 20 minutes. Meanwhile, heat oven to 500°F (260°C) on convection.
6. Once the dough has finished proofing, bake until golden and browned in spots, about 10 to 15 minutes. Cool and then serve with mortadella.

Notes

Focaccia Barese

Yield 2 x 7.5x2.5-inch or 1 x10x2.5-inch loaves

Ingredients

Dough

250g warm water (38°C)
6g fresh yeast
300g 00 flour for pizza
5g sugar
10g fine sea salt

Topping

10-12pc cherry tomatoes, halved and squeezed (juices reserved)
10pc Barese olives, pitted
50ml water
30g extra virgin olive oil
1/2tsp sea salt
Oregano, to taste

Method

1. Mix 50 ml of the total water with sugar and yeast in a small bowl or measuring cup. Stir in about 1 tablespoon of the total flour. Cover the sponge and rest, about 10 minutes.
2. Place the remaining flour in a large bowl, make a well in the centre and pour in the sponge and start mixing with a wooden spoon, adding the remaining water little by little. Add the salt.
3. When the dough starts to come off the sides of the bowl, use floured hands or a spatula to lift and fold the dough from top to bottom 4 to 5 times. It will be very sticky.
4. Gather the dough toward the centre of the bowl, cover and ferment in the proofer until doubled in volume, about 1 to 2 hours.
5. Transfer the dough to a well-floured surface and fold a few times to strengthen the gluten. Shape into a ball. Cover and rest while you grease a baking dish very well with oil.
6. Transfer the dough into the baking dish, and turn over to coat with oil. Rest the dough for 10 minutes.
7. Use your fingertips to spread and stretch the dough to the corners of the very well-greased pan. If the pan does not have a coating of oil, the pizza will stick to the pan.

8. Place a rack at the bottom of the oven and another in the centre. Heat the oven to 480°F (250°C).
9. Press the squeezed and flattened tomatoes on to the dough, laying them skin side up. Then scatter with the olives and press them into the dough. Whisk together the water, oil, salt, oregano and reserved tomato water. Pour it over the focaccia.
10. Bake the focaccia on the bottom rack for 10 minutes. Move the pan to the middle rack and bake until golden, another 30 to 40 minutes.
11. Remove from the oven and cover with a thick towel to steam the top and keep it soft.

Notes

You can reduce the yeast by half and double the proofing time for a slow-rise version.

You could also bake the focaccia in steel, cast iron, or heavy dark aluminum pans that are 2 1/2 to 3 inches deep. You could overlap 2 to 3 disposable aluminum pans in a pinch to create a thick pan.

WEEK 6

Stuffed Pizza Dough

Yield: 4 calzone, 1 parigina, 1 stromboli, and Nutella rolls

Ingredients

Metric	Imperial	
600-630g	2-2 1/2c	water
30g	1oz	fresh yeast (or 14g dry or instant yeast)
15g	1tbsp	sugar or honey
1kg	2.2lb	00 or all-purpose flour
20g	2tsp	fine sea salt
50g	4tbsp	olive oil

Method

1. Gently stir together 125ml of the total water, yeast and sugar. Let stand for 5 minutes to activate the yeast.
2. Place flour and salt in a large bowl and stir to mix. Make a well and gradually mix the yeast slurry, remaining water, and oil. Gradually mix the flour into the well until the dough comes together. Then, on a lightly floured counter knead until soft and smooth, about 5 to 10 minutes. Shape into a ball and cover. Bulk ferment in a warm, draft-free spot, ideally a proofer 30 to 45 minutes.
3. Divide the dough into the following:
 - a. 4 x 100g pieces for calzone
 - b. 3 x 400g piece for parigina base (only demo), stromboli and Nutella rolls
 - c. Freeze remaining dough.
4. Shape the pieces of dough into balls for calzone, squares for other shapes, and place far apart on an oiled tray. Rub the surface of the dough with oil, and then cover with plastic wrap or a damp towel. Let the dough rise in a warm, draft-free spot, ideally a proofer, until doubled in volume, until doubled about 20 to 30 minutes.

Notes

To make your own proofer; bring a small pot of water to the boil and place into a turned-off oven with the balls of dough. Alternatively, heat a bowl of water in the microwave for 1 to 2 minutes. When it turns off, add the dough to the microwave, and close the door and proof for 1 hour.

Stuffed Pizza Tomato Sauce

Yield: 750ml

Ingredients

Metric	Imperial	
800g	28fl oz	whole peeled tomatoes in purée, drained and liquid reserved
15ml	1tbsp	extra-virgin olive oil
5g	1/2tsp	sea salt
1pc	1pc	garlic clove, puréed (optional)
1g	1/4tsp	sugar (optional)

Method

1. Purée all the ingredients with a food processor, immersion blender or food mill.
2. Transfer the sauce to a covered container and refrigerate until ready to use.

Notes

If the canned tomatoes are purée, use half the purée in the sauce.

Calzone Farcito

Yield: 4 calzone

Ingredients

Metric	Imperial	
400g		dough, divided into 4 balls
100g	1/3c	tomato sauce
125g	1/2c	ricotta (preferably a drier style such as Bella Casara)
80g	3oz	sliced ham
50g	1.5oz	mozzarella, shredded
2pc	2pc	basil leaves
	4tsp	extra virgin olive oil

Method

1. To shape the calzone, use your hands to flatten each ball of dough into a circle.
2. Spread a spoonful of sauce over half of the dough, leaving a 2 cm (1 in) border. Scatter the sauce with ricotta, ham, mozzarella, basil and any other toppings. Fold in half and seal edges. Brush the dough with some water to seal if necessary.
3. Brush the surface with a little bit of oil and a little tomato sauce. Bake at 500°F (250°C) for 10 to 15 minutes. Cool at least 5 minutes before eating.

RICOTTA AND SPINACH CALZONE (Vegetarian Option)

Yield: 2 larger or 4 smaller calzone

Ingredients

100g	spinach, wilted, squeezed and chopped
125g	ricotta (Bella Casara)
50g	mozzarella, shredded
25g	Parmigiano
	fresh nutmeg, to taste

Method

1. Mix together all ingredients. Follow the instructions above for shaping, filling and baking the calzone.

Notes

Parigina

Yield: 4 to 6 servings

Ingredients

Metric	Imperial	
400-450g		dough
200g	3/4cup	tomato sauce
250g	9oz	provolone, or mozzarella, sliced
150g	7.5oz	ham, thinly sliced
1-2pc	1-2pc	sheet puff pastry
15-30ml	1-2tbsp	whipping cream
15-30ml	1-2tbsp	water
15ml	1tbsp	olive oil

Method

1. Heat oven to 400°F (200°C).
2. Oil a 9x13-inch baking pan. Roll out the dough to fit the pan. Transfer the dough to the pan, cover and rest for 5 to 10 minutes. Push the dough to come up the sides of the pan.
3. Spread a thin layer of sauce over the dough, and then layer with cheese and ham. Sprinkle with a little more sauce over the cheese. Cover with puff pastry and seal the edges by folding over the edges of the pizza dough. Mix the cream with the water. Brush the pastry with cream mixture, and lightly score in a crisscross pattern into the surface with the tip of a knife.
4. Bake for 30 to 35 minutes, being careful not to let it brown too much. If the pizza browns too quickly, cover loosely with aluminium foil during the last minutes of baking. Take the parigina out of the oven and allow to cool for at least 5 to 6 minutes before slicing and serving.

Notes

Stromboli

Yield: 4 to 6 servings

Ingredients

Metric	Imperial	
500g	1lb	Italian eggplant, sliced into 1-cm thick rounds
10g	2tsp	sea salt
1/2pc	1/2pc	lemon, juice
45ml	3tbsp	extra virgin olive oil
350-400g		dough
100g	1/3cup	tomato sauce
	1/4bu	fresh basil, torn
30g	2tbsp	grated Parmigiano
250g	9oz	fresh mozzarella, sliced or grated

Method

1. Heat oven to 480°F (250°C).
2. Place sliced eggplants in a bowl, sprinkle with salt and lemon juice. Cover with water. Place a weight on top of the eggplants, set aside for 20 minutes.
3. Drain and rinse the eggplants. Pat the slices of eggplant dry. Generously coat with oil on both sides. Roast, turning once, until soft, about 15 to 20 minutes.
4. Lower the oven to 400°F (200°C).
5. On a parchment lined tray, spread or roll the dough into a 9x13-inch rectangle.
6. Spread pizza sauce over of the dough, leaving a 1-inch border on one of the long edges. Place the eggplants along the long edge of the dough, top with basil, Parmigiano and mozzarella slices.
7. Brush the bare strip of dough with water. Roll the dough up into a log. Pinch along the edge to seal. Arrange seam side down on the tray.
8. Brush the entire stromboli with oil mixed with a little water, and then gently score the top at 1 to 2 inch intervals using a knife or scissors. Bake until bubbly and golden, about 25 to 30 minutes.
9. Remove from oven, cool 5 minutes and slice into pieces. Serve with more sauce on the side.

Notes

Nutella Rolls

Ingredients

Metric	Imperial	
300-350g	10.5-12oz	dough
350g	12oz	Nutella
50g	2oz	butter, melted
50g	2oz	crushed toasted hazelnuts (optional)
50g	2oz	pearl sugar

Method

1. Preheat the oven to 375°F (190°C). Prepare a muffin pan by sprayed with non-stick spray or lining with muffin papers.
2. On a lightly floured surface, roll out the pizza dough into an 11 by 17inch rectangle.
3. Spread a layer of Nutella over the dough, leaving a 1/2-inch border along one of the long sides.
4. Brush the bare strip of dough with water. Roll the dough up into a log. Pinch along the edge to seal.
5. Using a sharp knife, cut into 8 to 10 slices and arrange the rolls in the prepared pan.
6. Drizzle each roll with butter, and then sprinkle with hazelnuts and pearl sugar.
7. Bake until golden brown, about 15 to 20 minutes.

Notes

For separate rolls, you can bake the rolls individually in muffin tins.