

HAM AND PINEAPPLE PIZZA

INGREDIENTS- Serves 4-6 people

Bread Dough

- 1 cup flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon Surebake yeast
- 1 cup warm water
- 1 tablespoon oil
- 1 1/2 cups flour

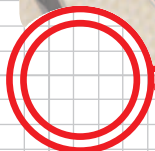
METHOD

1. Put 1 cup of flour and the salt, sugar and yeast into a mixing bowl and stir together. Make a well (this is a small dent) in the centre. Pour in the warm water and oil. Mix well, and add the rest of the flour (1 1/2 cups) and mix.
2. Turn the dough onto a lightly floured surface and knead until smooth. It maybe necessary to add extra flour if the dough is too sticky.
3. Wash and dry the mixing bowl. Grease it lightly. Put the dough into the bowl. Cover with plastic food wrap and leave to rise in a warm place for 15 minutes.
4. Turn the oven on to 220°C to preheat.
5. Punch down the dough by pushing your fist gently to the bottom of the bowl. Turn out the dough onto a lightly floured board.
6. Roll out carefully to the thickness required. For a thin-based pizza, roll the dough out to make a circle about 30cm across.
7. Place on a lightly greased baking tray or special pizza tray.
8. Spread with the Wattie's® Seasoned Tomato Purée. Top with the grated mozzarella cheese, ham and pineapple.
9. Bake in the preheated oven for 15 – 20 minutes until the cheese is melted and the underside of the base is golden brown. Stand for 5 minutes before cutting.

TIP - To activate yeast the water has to be warm – check the correct temperature on your wrist. **Too hot** and it will kill the yeast, **too cold** and the yeast won't activate quickly.

RECIPE VARIATIONS

1. Make 4 or 6 mini pizzas instead of one large one.
2. Other toppings
 - Salami
 - Baked beans, pineapple and cheese
 - Bacon and tomato
 - Sliced fresh capsicum or roasted capsicum
 - Smoked chicken and brie cheese
 - Instead of the seasoned purée use Wattie's® Chilli Beans – top with feta cheese and red onion





UNDERSTANDING INGREDIENTS

- Mozzarella cheese is used on traditional Italian pizzas and is well-suited because:
 - The milder taste goes well with other toppings.
 - It is one of the lower fat cheeses.
 - It has a unique stringy texture ideal for hot pizza.
- Mozzarella comes originally from Italy.
 - It is a white cheese which goes stringy when heated.
 - It is made by being dipped in hot whey (a watery substance) then kneaded, creating a smooth firm texture.

Cheese Type	Description of Cheese	Total Energy (per 100g)	% Fat
Cheddar	Mild and tasty. Keeps its shape in cold dishes and flavour improves with cooking.	1794kJ	36
Colby	Softer, milder version of Cheddar with a slightly sweet taste.	1680kJ	34
Edam	Semi-soft cheese with a buttery nutty taste. Lower fat alternative to Cheddar with a milder flavour.	1425kJ	26
Mozzarella	Lower fat, stringy when hot, combines well with other flavours.	1247kJ	19
Plain Feta	Crumbly Greek-style cheese that is preserved in brine, a salty solution.	1050kJ	20

FOOD CHEMISTRY

- Yeast is important in dough-making.
- Yeast feeds on sugars to produce carbon dioxide gas, alcohol and water in a process known as **fermentation**.
 - Fermentation is used in bread making as a raising agent.
 - The alcohol and water evaporate during baking.
- Yeast comes as a fresh compressed block or dried granules.
 - Both types of yeast are placed into warm water with a little sugar and left in a warm place until bubbles form.
 - Yeast is killed if the temperature of the water is too hot so always check the liquid is around the same as your body temperature (a few drops on your wrist should feel neither hot nor cold).
- There is also a third type of yeast called Surebake that is dried yeast mixed with other ingredients.
 - This yeast can be added directly to flour and does not need to be mixed with warm water.

- Once the yeast is combined with the other ingredients the mixture is covered and left to rise.
 - Yeast mixtures rise quite quickly at warm temperatures and slowly in cooler temperatures.
- When yeast mixtures are baked there is a rapid rise in the volume during the first 10 – 15 minutes.
 - When the temperature of the mixture reaches about 60°C the yeast cells are killed and the rising stops.

COOKING TECHNIQUES

Kneading dough

- Kneading the dough gets rid of any lumps and makes it smooth. It also helps the dough to rise when it is cooked as the kneading stretches the gluten in the dough.
- Kneading is simple, dust your hands well with flour to stop the dough sticking to your fingers.

The key steps are:

 1. press
 2. push
 3. fold
 4. turn
- Press the dough down with the palm of your hand and push it away from your body, fold the dough in half and then turn it around and with the other hand start the process again. See the Project Cook video for a great kneading demonstration.

NUTRITION FACTS

- Pizzas can include ingredients from the four main food groups. Choose ingredients that make your pizza a healthy fast food, for example:
 - Add lots of vegetables.
 - Use low fat cheese such as mozzarella.
 - Choose lean meats such as chicken, tuna or ham.

List the four main food groups and name one ingredient in the Project Cook pizza from that group:

1. _____
2. _____
3. _____
4. _____