



Hospitality and Catering

Producing pizzas

Lesson 3

This course will enable you to gain in-depth knowledge of preparing, storing, serving and cooking various pizzas.





Types of flour to make pizza dough

Pizza flour is high in gluten and makes a crisp base when cooked.





Types of flour to make pizza dough

Plain flour can be used but the cooked dough will be softer.

Whole grain flours can be used too but will be softer.

Gluten free flours can be used but do not rise as well with yeast.





Gluten

Gluten is part of the wheat grain.

It gives crunch and chew to the pizza base.

- Pizza flour – Italian
- Bread flour - Canadian





Gluten free

Gluten free flours are usually a mix of different non wheat flours:

- Rice flour
- Potato flour
- Corn flour





Types of yeast

Fresh bakers yeast is best, kept stored in the fridge in a container.





Types of yeast

Fresh yeast should be pale grey in colour and break away easily when handled.

If the yeast is soft and very smelly – throw it away.





Types of yeast

Dried yeast is popular because it lasts longer and is stored out of the fridge.





Types of yeast

Dried yeast looks like mini round granules, it should be light in colour and completely dry.





Basic ingredients for dough

- Flour
- Yeast
- Water
- Salt
- Olive oil

It is advised to follow a recipe, whether it is for home use or for commercial use.





Making basic dough – kneading

- Mix yeast with warm water to start the fermentation process off.
- When the water and yeast bubble it is ready.
- Mix all the ingredients together by hand or machine





Making basic dough – kneading

- When the mix is smooth and dry to touch
- It should be elastic





Making basic dough – kneading

- Test by stretching a little piece
- If it breaks before stretching – mix it more





Enriching the dough

Sometimes we can add extra ingredients to the dough to add flavour and texture.

- Eggs
- Chemical provers to help the yeast act quickly





Proving in the bowl

After mixing you leave to one side and allow the dough to rise.





Proving in the bowl

This is called 'proving' and you cover the dough with a cloth or plastic wrap.





Proving

The dough is ready for the next stage when the dough has risen by at least double its original size. Usually within approximately 1 hour.

Using a big enough bowl is essential.





Knocking back

We now 'knock back' the dough to its original size.





Knocking back

This 'knocks' out all the air bubbles from the dough.

We can do this by hand by punching and pressing down on the dough or in a machine. Usually for 5 mins maximum.





Shaping

We can now chop and measure the dough into pizza dough portions.

Typically, raw dough balls may be around 70-100g each.





Shaping

Shaping by hand is traditional but takes time and skill for speed.

Dough shaping machines can be found in many restaurants and factories.





2nd prove

Place all the dough balls onto proving trays with space between them.





2nd prove

This allows them to double in size without touching each other.

Cover with a clean cloth, trays or in a proving cupboard.





Revision Activity 3

What are the basic ingredients for making dough?