

+ = done exceptionally well

√ = needs improvement

Lab Evaluation Sheet Pizza Mania

Period _____ Kitchen # _____ Date _____

	Name	Name	Name	Name	Name
Lab Specific Skills					
• Stove cooking techniques					
• Kneading					
• Oven safety					
Continuous Lab Skills					
• Measurement techniques					
• Safety procedures					
• Good sanitation procedures					
Time Management Skills					
• Done on time					
• Well organized with tasks					
• Efficient use of time					
Group Organization					
• Worked independently					
• Shared responsibility					
• Respectful behaviors					
Lab Clean-Up					
• Dishes washed					
• Dishes dried					
• Dishes properly stored					
• Counters cleaned					
• Stove cleaned					
• Tables cleaned					
• Sink dry/strainer cleaned					
• Linens in washer/basket					
• Extra supplies properly stored					
Lab Worksheet Scores (out of 10)					
Total Lab Scores (out of 30)					

Comments:



Pizza Mania

<http://www.foodnetwork.com/how-to/how-to-make-and-form-pizza-dough/pictures/index.html>

Ingredients:

Flour

3 ½ - 4 C Bread Flour, plus more for rolling

1 tsp Sugar

1 envelope Instant Dry Yeast

2 tsp Kosher Salt

1 ½ C Water, heated to 110 degrees F

2 T Olive Oil, plus 2 tsp

Semolina, sprinkles

Toppings

See Mrs. VanDyke for amounts

Directions:

Day 1:

Sous and Executive Chef

1. Heat up water to about 110 degrees F.

Bowl 1:

2. Lightly coat a medium bowl with olive oil.

3. Add warm water, dry yeast and sugar.

Bowl 2:

4. In another bowl: Combine flour and salt.

5. Make a well in the center and add the yeast. Water has to be 110 degrees to form.

6. Add olive oil.

Add Bowl 2 to Bowl 1:

7. Use a fork to pull the dry into the wet mixture, then mix well.

8. Using plastic wrap, cover and labeled over night to continue tomorrow.

9. Knead the dough for a few minutes on a lightly floured board. Use the heel of your hand to push the dough down and forward. Give it a few turns. You will know when you are done when the dough is a little tacky.

10. Place the kneaded dough into the oiled bowl.

11. Cover the dough in plastic wrap.
12. Chart the progress of the rising dough by using a marker on the plastic wrap to circle the size of the ball of dough at the beginning of the rising process.
13. Label inside the circle and place in a warm spot until the dough doubles in size.

Day 2:

Executive and Sous Chef

14. Check to see if the dough is done. When poked if the dough makes an indentation, it's ready.
15. Use a knife to divide the dough. The larger the slice, the bigger the pizza, the smaller the slice the slice the easier it will be to handle.
16. Form into balls for individual pizzas and place on a plate.
17. Cover with a damp cloth.
18. Let the balls of dough rest until you poke them and see an indentation.
19. Sprinkle a pizza pan with a little semolina for good separation and a nutty crunch.
20. Place ball of dough in the center of the pan and spread it out. Use a rolling pin or your hands to complete. Spin it. Pull the dough to the edge of the pan to thin out the center. Add more semolina for better separation. Lastly, make sure the thickness is even.
21. Cover, label and store it.

Day 3

22. Pre-heat oven to 500 degrees F.
23. Top the spread dough with your favorite ingredients.
A typical order includes first sauce, then cheese then toppings.
24. Bake for approximately 10 minutes.
25. The pizza should be perfect every time!
26. Enjoy!

Yield: 5-6

**Lab Worksheet
Pizza Mania**

Name: _____

Period _____ Kitchen # _____ Date _____

1. Identify the nutrient and function found in the following ingredients in your recipe.

Ingredient	Nutrient	Function

2. Describe the main cooking technique used in this recipe.

3. Explain how another form of this lab's cooking technique that you would find in daily life.

4. Answer the following questions as related to lab:

a. Describe the ways in which your group worked well together.

b. Describe at least one way in which your group could have improved the efficiency of this lab.

5. Which ingredients could you substitute to make this lab more nutritious?