



**Focus: Strength**

**Project: Culinary Arts –**

**Yeast Breads – Level 1**

**Pizza Crust and Bread Sticks**

### **Define Objective:**

Learn how to make pizza crust and bread sticks with yeast. Complete the following requirements.

- \_\_\_\_\_ Prepare pizza crust with pizza toppings for your family or friends
- \_\_\_\_\_ Prepare dessert pizza for your family or friends
- \_\_\_\_\_ Prepare garlic cheese bread for your family or friends
- \_\_\_\_\_ Prepare bread sticks for your family or friends

**Discovery:** Identify valuable information to help you succeed with your skill practice

- Prepare the baking sheet properly by greasing the bottom.
- Preheat the oven so it is the right temperature before baking.
- Use bread flour
- Measure all ingredients accurately.
- Warm the liquid to 110-115 F before adding the yeast.
- Dissolve yeast in the warm water before adding the other ingredients.
- Knead the bread dough until it is smooth and elastic (about 5-10 minutes)
- Brush the ball of dough with oil and cover with a moist towel to rise.
- Allow the ball of dough to rise until double in bulk.
- Roll out the dough into a circle and put it on the pizza pan.
- Breadsticks: Cut the breadsticks with a pizza cutter and allow to rise before baking.
- Bake the pizza until crust is golden brown.
- Clean your dishes and work area when you are finished.

**Practice and Evaluate:** Record what you learned. What do you want to remember for your next attempt?

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**Skill Practice:**

Food Item	To Whom Served	Hours Spent	# Served	Cost

**Share what you have learned with others:** Decide how you will share your new skills and insights with others. Some things to consider are: provide a demonstration or presentation to your family or peers, or enter your finished bread item to the county fair.

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- \* Yeast breads are evaluated on the basis of exterior appearance and interior quality.
- \* Volume should be just twice as large as the original dough.
- \* Shapes should be neatly executed and of uniform size.
- \* The crust is a pleasing, golden brown and slightly crisp rather than soggy.
- \* The interior should reveal uniform, medium-sized cells

- \* Excessive fermentation will cause the structure to be too porous and can even result in a fallen, heavy product.
- \* Too little volume is caused by inadequate rising time before baking or by killing the yeast because of too high a temperature of liquids coming in contact with the yeast during mixing.
- \* A dry, tough product results from incorporating too much flour in the dough.