

Lesson 1: Pizza Rolls

recipe courtesy of Gabi Moskowitz

Needs List:

- Rolling Pin & surface to roll
- Liquid measuring cup
- Dry measuring cups (1/2, 1/8 & 1/3 cup) and spoons (tsp & TBSP)
- 4 inch round cookie cutter (or use the lip of a bowl)
- Toaster oven
- Knife for mincing
- Cutting Board
- Can opener
- 2 Mixing Bowls
- Small Bowl for egg
- Fork
- Brush for egg
- Baking sheet
- Oven mitts
- 2 Wooden Spoons
- Fridge or cooler
- Food Processor (optional)

Ingredients:

- 1/4 Cup Extra Virgin Olive Oil, plus more for the pan
- 1 3/4 Cups Whole Wheat Flour, plus more for rolling
- A pinch Koser Salt
- Freshly Ground Pepper to taste
- 1/2 Cup Plain yogurt
- A 15oz Can Crushed Tomatoes
- 1 teaspoon of basil (dried or fresh)
- 2/3 Cup shredded mozzarella
- 2 cloves garlic, minced
- 1 egg

Prep:

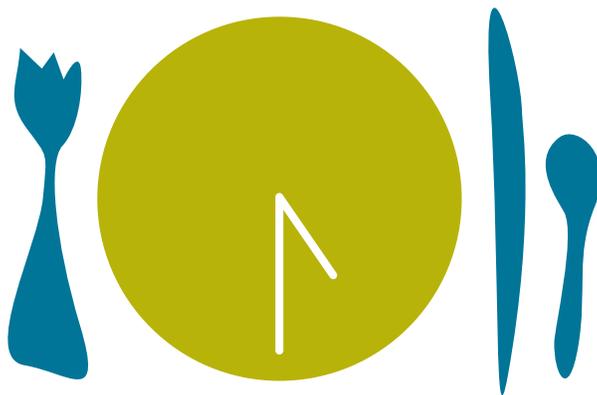
- Preheat oven to 400 degrees and lightly oil baking sheet
- Station 1: Dough
 - Mixing bowl and spoon or food processor
 - Flour, Olive Oil, Yogurt & Salt (water possibly needed)
 - Liquid Measuring Cup, Dry Measuring Cup (1/2) & TBSP
 - Cooler or Fridge
- Station 2: Filling
 - Tomatoes, Basil, Mozzarella, Salt, Garlic & Pepper
 - Can Opener
 - Mixing Bowl & spoon
 - Measuring Cup (1/3) & tsp
 - Knife & Cutting board

Station 3: Finalizing

- Rolling Pin & surface to roll
- Extra Flour
- Cookie Cutter (or bowl lip)
- Tablespoon
- Fork, Brush, small bowl & egg

Directions:

- In a mixing bowl or food processor, combine oil, flour and a generous pinch of salt. Mix together until mixture resembles small peas. Add yogurt and stir to combine a sticky dough. If dough is a little dry, add 1-2 tbsp ice water. Cover dough and refrigerate until ready to use.
- In another mixing bowl, combine crushed tomatoes, basil, mozzarella, garlic and salt and pepper to taste. Stir well.
- Roll dough out on a lightly floured surface until it is about 1/8" thick. Use a floured 4" cookie cutter, cup or bowl (a plastic food container, works well) to cut the dough into circles. Re-roll scraps and continue cutting until all dough has been used up. You should have 14-16 circles.
- Place about 1 1/2 TBSP of the tomato filling on one half of the dough circle. Fold the other half over and press gently (but firmly) along the edges of the circle to seal it, forming a half-moon. Use the back of a fork to create a scalloped edge along the seal. Transfer to the prepared baking sheet. Repeat with remaining dough circles.
- Beat the egg with 1/8 cup water to make an egg wash. Brush the tops of the pizza rolls with the egg wash and bake for 12-15 minutes, or until golden brown.
- Serve hot. Makes 14-16 pizza rolls.



TIME AT THE TABLE

Pizza Rolls
Station 1: Dough

What you should have:

- Mixing bowl and spoon or food processor
- Flour, Olive Oil, Yogurt & Salt (water possibly needed)
- Liquid Measuring Cup, Dry Measuring Cup (1/2) & TBSP
- Cooler or Fridge

What you should do:

- In a mixing bowl or food processor, combine 1/4 cup oil, 1 3/4 cup flour and a generous pinch of salt. Mix together until mixture resembles small peas. Add 1/3 cup yogurt and stir to combine a sticky dough. If dough is a little dry, add 1-2 tbsp ice water. Cover dough and refrigerate until ready to use.



Pizza Rolls
Station 2: Filling

What you should have:

- Tomatoes, Basil, Mozzarella, Salt, Garlic & Pepper
- Can Opener
- Mixing Bowl & spoon
- Measuring Cup (1/3) & tsp
- Knife & Cutting board

What you should do:

- Mince 2 cloves of garlic
- In another mixing bowl, combine crushed tomatoes (1-15oz can), 1 tsp basil, 2/3 cup mozzarella, minced garlic and salt and pepper to taste. Stir well.



Pizza Rolls Station 3: Finalizing

What you should have:

- Rolling Pin & surface to roll
- Extra Flour
- Cookie Cutter (or bowl lip) & TBSP
- Fork, Brush, small bowl & egg

What you should do:

- Roll dough out on a lightly floured surface until it is about 1/8" thick. Use a floured 4" cookie cutter, cup or bowl (a plastic food container, works well) to cut the dough into circles. Re-roll scraps and continue cutting until all dough has been used up. You should have 14-16 circles.
- Place about 1 1/2 TBSP of the tomato filling on one half of the dough circle. Fold the other half over and press gently (but firmly) along the edges of the circle to seal it, forming a half-moon. Use the back of a fork to create a scalloped edge along the seal. Transfer to the prepared baking sheet. Repeat with remaining dough circles.
- Beat the egg with 2 TBSP cup water to make an egg wash. Brush the tops of the pizza rolls with the egg wash and bake for 12-15 minutes, or until golden brown.



Pizza Rolls Instructor Card

Ingredients:

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- 1/2 Cup Plain yogurt
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Directions:

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