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PASTRIES – LESSON 3

Pizza

Ingredients:

Flour – 500 g
Yeast – 1 tsp (Mauripan yeast)
Sugar – 1 tbs
Salt – 1 tsp
Butter – 50 gr / 50ml (Olive Oil)
Water – 250 ml + 25 ml
Egg – 1 (one egg for glazing)
Cheese – (Mozzarella)
Tomato sauce or tomato puree
Capsicum chillies, Onions, Tomatoes, Olives cut into rings.

Method:

To make the pizza dough first mix flour, yeast, sugar together. Now make a well in the middle and add water little by little & take side by side the flour and make the hard dough. Now add the butter and salt onto it and knead to make soft dough. If the water is insufficient add water until the dough becomes soft. Knead the dough for 10 mins & cover with the wet damp cloth for ½ hour. After 30 mins punch the dough and make a ball and keep for another half hour. Now divide the dough for the pizza and make balls and keep for 15 to 20 mins. After which roll out the pizza samples on the baking tray add the filling and keep for another 10-15 mins or until rises up. Pre-heat the oven for 180-200 degrees and bake for 15-20 mins.

Pizza filling:

Chicken, beef or prawns – 250 g
Onion – 2 to 3
Tomato – 1
Garlic & ginger paste – 2 tsp
Curry leaves
Chilies
Coriander leaves
Salt to taste
Pepper
Chillies pieces
Oil

Method:

To make the pizza's roll out to the pizza shapes of your choice. Now add tomato puree & the grated cheese on top. Now add the filling & coat on top with cheese again. Finally garnish with capsicum chillies & onion & bake in moderate oven.

Barbeque chicken

Ingredients:

Chicken – 250/500g
Soya sauce – 2 tbs
Salt – 1 ½ tsp
Bee honey – ½ tbs
Clove, garlic, cinnamon (crushed) – 1 tsp
Red coloring – 1 tsp
Sugar – ½ tsp
Barbeque sauce – 1 tbs
Bombay onion – 2 – 3 (grilled)
Oil for frying

Method:

All the ingredients into the chicken and marinade 2-3 hours or overnight. Once it is done deep fry the chicken pieces. Grill the onion separately and mix with the fried chicken.

Home – made B.B.Q. sauce

Tomato puree – 1 cup
Chillie powder – 1 tsp
Pepper powder – 1 tsp
Cumin powder – 2 tsp
Salt – 1 tsp
G & G paste – 2 tsp
Brown sugar – 3 tsp
White vinegar – 1 ½ tsp

Cook everything together till it becomes thick.

Tandoori prawn

Ingredients:

Prawns – 250/500 g
Lime or lemon juice – 2 tbs
Salt – 1 tsp
Orange red powder – ½ tsp
Marinate for 2-3 hrs or overnight

Liquidize

Coriander powder – 1 tsp
G & G paste – 1 tsp (heap)
Chillie powder – ½ tsp
Lemon juice – 2 tbs
Salt – ½ tsp
Curd – 1 cup
Pinch of orange red powder

Method:

Do the first marination and keep for 1-2 hrs. Then do liquidize and mix the things in to the prawns and keep for 2-3 hrs or overnight. Once it is done grill with little oil till it becomes thick.