

# LET'S GET COOKING!

## Make your own delicious pizza

British farmers produce all the perfect ingredients to make your favourite pizza.

Follow the recipe below and choose the toppings you like best to make your own pizza.

Take care with knives and the oven, and get an adult to help you.

### Ingredients

#### Pizza base

- 350g plain flour
- 2 tsp baking powder
- 1 tsp salt
- 1tsp oil
- 170ml water

#### Pizza topping

- 6 tbsp tomato-based pasta sauce
- Cheddar cheese, grated
- Mixed herbs



### What's in season?

Fruit and vegetables are sown and harvested throughout the year using tractors and special farm machines. Thanks to longer growing seasons and good storage conditions, some British crops are available to eat all year round.

### Topping ideas

- Cooked ham
- Cooked bacon
- Cooked chicken
- Cooked steak
- Brown or red onion
- Spring onions
- Broccoli
- Pepper
- Rocket leaves
- Mushrooms
- Courgette
- Peas
- Egg

### Method

1. Heat the oven to 180C/gas 6.
2. Scoop out enough flour to fill both of your hands when they are cupped together. How many grams of flour do you think you are holding?
3. Weigh your flour. How close was your guess? How much more do you need to add in to make 350g?
4. Weigh the rest of the flour carefully until you reach 350g.
5. Mix together the flour, baking powder and salt in a mixing bowl.
6. Add the oil and water and stir until it forms a ball.  
Tip: If it's too stiff you can add a drop more water; it should be soft but not sticky!
7. Knead your dough on a floured surface and roll it out into a round shape.
8. Choose which seasonal toppings you would like to use and then carefully cut them into thin slices.
9. Place your pizza base onto a baking sheet. Spoon the pasta sauce into the middle and spread it all over the base and then add your toppings.
10. Sprinkle your grated cheese on top and ask your grown-up helper to put the pizza in the oven for 25 minutes.

The Red Tractor with the Union flag guarantees that food is British and farmed with care. Look out for the logo when you next go shopping!



### From baking to business...

While you are waiting for your pizza to cook, why not design and make an exciting advertisement and some environmentally-friendly packaging for it? Hint: paper and cardboard are useful packaging materials as they can be easily recycled.

Think about how you can make your packaging and advertisement stand out:

- What colours and shapes will you use to catch your customer's eye?
- What persuasive language will you use to tempt people to buy your pizza?
- What are the nutritional benefits of the ingredients you chose?
- Will you use any special offers to attract customers?
- How will you make it clear that your pizza is made from British ingredients?

If you enjoyed this mini Farming STEMterprise project, ask your teacher to go to [www.nfueducation.com](http://www.nfueducation.com) to find out more!



How did your pizza turn out? We'd love to see a photo of your delicious creation. Why not send us a picture to [letstalkfarming@nfu.org.uk](mailto:letstalkfarming@nfu.org.uk)