WGR Pourable Pizza Crust

Recipe Component: Grain Recipe Category Recipe #B 150 modified

| | 50 Servings | | Servings | | | |
|---------------------------|-------------|-----------------|----------|---------|--|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions | |
| Active dry yeast | | 3 Tbsp | | | For best results, all ingredients and utensils should be at room temperature. | |
| Whole-wheat flour | | 1 qt 2 ¾ cups | | | · | |
| Enriched flour | | 1 qt 2 1/4 cups | | | 2. Place dry yeast, flour, sugar, and salt in a commercial mixer (batch as needed). Using a dough hook | |
| Sugar | | ¾ cup | | | attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer. | |
| Salt | | 1 ½ tsp | | | 3. Add warm water (110° F) and oil to dry ingredients. | |
| Water (110° F) | | 2 qt 1½ cups | | | Mix for 5 minutes on medium speed. | |
| Canola oil | | 2 Tbsp | | | 4. Sprinkle each full sheet pan with 2 Tbsp cornmeal and sprinkle each half-sheet pan with 1 Tbsp cornmeal. | |
| Whole grain-rich cornmeal | | 1/4 cup 1 Tbsp | | | 5. Pour 2 qt 1 cups (about 3 lb 7 oz lb) of the batter into each sheet pan (18" x 26" x 1") heavily coated with pan release spray. Pour 1 qt 3 cups (about 1 lb 1oz) batter into each half sheet pan (18" x 13" x 1") heavily coated with pan release spray. | |
| | | | | | 50 servings = 2 ½ sheet pans 100 servings = 5 sheet pans | |
| | | | | | 6. Let stand for 20 minutes. | |
| | | | | | 7. If needed, use spoon (or gloved hand) coated in oil to push crust to the edge of the pan. If dough is not workable allow it to rest 10-15 minutes and try again. | |
| | | | | | 8. Prebake until light golden brown, about 9-11 minutes. Conventional oven: 450 °F for 10 minutes. Convection oven: 425 °F for 7 minutes. | |
| | | | | | Top each prebaked crust with desired topping. | |

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| Notes | : |
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Nutrient information calculated using Food Processor.

| Marketing Guide for Selected Items | | | | | |
|------------------------------------|-------------|--------------|--|--|--|
| Food as Purchased for | 50 Servings | 100 Servings | | | |
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| Serving: 1 serving provides 2 servings of grains/ bread | Yield: | Volume: |
|---|---------------|---------------|
| 1-2 years: ½ piece | 50 Servings: | 50 Servings: |
| 3-5 years: 1 piece | | |
| 6-18 years: 1 piece | 100 Servings: | 100 Servings: |
| | | |

| Nutrients Per Servii | ng | | | | |
|----------------------|---------|---------------|--------------|----------------------|----------|
| Calories | 128.25 | Saturated Fat | 0.15 g | Iron | 1.37 mg |
| Protein | 4.06 g | Cholesterol | 0 g | Calcium | 9.73 mg |
| Carbohydrate | 26.37 g | Vitamin A | 0.14 RAE mcg | Sodium | 74.17 mg |
| Total Fat | 1.17 g | Vitamin C | 0.04 mg | Dietary Fiber | 2.35 g |