

Twisted Pizza Sticks



Let's bake:

For the dough: Mix tepid water, sugar and yeast and let it rest covered for about 5 minutes. Combine the flour with the herbs, salt and add the mixture together with the rest of the ingredients to the yeast mixture. Knead the ingredients for about 5 minutes, the dough should be soft and bouncy. Cover your hands with 1tsp olive oil and cream the dough from all sides, put it back into a large bowl. Cover the dough and let it prove on a warm place for about 60 minutes.

Now add onion to a hot pan. Add the garlic. Add the stock and then all the tomatoes. Add the rest of the ingredients and let it cook for 10 minutes. Now puree as you like.

Knead the dough and divided it into 4 pieces. Roll each piece out into a rectangle. Cover all of the rectangle with some olive oil. Add to one half of the rectangle some tomato sauce as well as some cheese and the ingredients you like. Put the empty half of the dough over the cheesy half, press the sides. Cut nicely and divide into equal stripes. Twist them and put onto a baking sheet, let them rest, either 30 minutes covered on a warm place or covered overnight in the fridge. Mix the egg yolk with the milk and brush the twists, sprinkle some oregano-parmesan on top of them and bake for 10-15 minutes at 200°C. For the Pizza just put the twists as a pinwheel rolled into a baking pan, and do as before.

Shopping List:

For the dough:

25g fresh yeast or 7g dry yeast
50ml olive oil
470g flour (type 550)
1tsp sugar
220ml tepid water
1tsp seasalt
Basil as you like
garlic
1tbsp olive oil

For the filling:

30ml olive oil
seasalt as you like
1 onion
3 cloves of garlic
50ml veggie stock
80g tomato puree
100g chopped tomatoes
Pinch of sugar
pepper
Oregano
Marjoram
Basil

Additionally:

100g Mozzarella or Cheddar grated
100g Parmesan grated
50ml Olive oil
As you like: Veggies, Tuna, Chorizo,
Thunfisch all chopped
1egg yolk + 1tbsp milk
5tbsp gr. Parmesan mixed with 2 tsp.
dried Oregano

