

# 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

