

Italy

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Spaghetti Sauce

- 1lbs (450g) lean beef (Walmart tube)
- 1x can of spaghetti sauce
- 1x can of Diced tomatoes
- 1x Tomato paste (2 if slowcooker)
- Pack of Mushrooms
- 1x large Onion
- 1x Green bell pepper
- Garlic
- Italian seasoning & pepper

Notes:

- Brown meat and fry Onions first.
- Simmer for 2hr.
- No added salt required. Enough is in the canned stuff.
- Makes 6 bowls with spaghetti, using full pack of spaghetti.
- About 4cm of space left in slow-cooker if more ingredients are desired
- Slowcooker method tends to be runny

Mushroom Risotto

- Onion 1x
- 2 packs of various shrooms chopped big
- 2x cartons of regular chicken Broth (keep hot in separate pot while using), leftover drink
- 1.5 cup of risotto rice
- Thyme or rosemary or parsely or sage towards the end

Fry the onion in olive oil until translucent.

Add splash of wine.

Add the uncooked rice and a ladel of Broth and reduce. Repeat.

Fry mushrooms in a separate pan in butter while risotto is cooking. Once mushrooms are almost done add herbs.

Add mushrooms after the rice is done so that you don't boil the mushrooms in Broth. Mix. Done.

Sheet Pan Pizza

Pizza Dough

☐ Pizza Dough Ingredients

400g warm (not hot) water

20g extra virgin olive oil

7g instant yeast (1 packet)

15g salt

20g sugar

680g all-purpose flour (Bob's Red Mill recommended)

☐ Mixing Instructions

Combine ingredients in a medium bowl: water, oil, yeast, salt, sugar, and, lastly, flour.

Stir with a spoon for ~15 seconds until flour hydrates and clumps.

Mix by hand with a wet hand, squeezing until dough is fully combined.

Cover and ferment at room temperature for 30 minutes.

☐ Gluten Development

With a wet hand, perform stretch and folds (5-6 times).

Flip dough so seams are underneath.

Round into a tight ball by tucking edges under.

Cover and ferment for 60 more minutes.

☐ Portioning

Flip dough onto floured surface.

Divide into four 280g balls (or eyeball).

*for quarter sheet pan pizza divide into 3 370g portions.

Fold each ball: left/right, then top/bottom.

Roll into a tight ball and place on oiled tray.

Cover and rest for 15 minutes.

☐ Storage Options

Refrigerate for up to 5 days.

Freeze for later use; thaw 90 minutes before baking.