

Background

This document shows a rough draft sample storyboard for a tutorial that shows how to make a pizza from scratch. There are many storyboarding methods; this approach shows but one of those ways.



High Level Task Analysis for Making a Pizza

1. Measuring/adding dough ingredients
 - Five key pizza dough ingredients: filtered water, olive oil, bread flour, salt, and yeast
2. Making the dough
 - Allow about an hour and a half for the machine to make the dough
3. Resting and rising the dough
 - Let the dough rise for about four hours
4. Rolling the dough to form a crust
 - Flour both sides of the dough as it is rolled
 - Oil the pizza pan
 - Transfer dough to pizza pan
5. Adding toppings
 - Add sauce first
 - Add leafy greens
 - Add cheeses
 - Add other vegetables
 - Add meats
6. Baking
 - Bake at 425°F for 18 to 20 minutes
 - Put juicy pizzas on upper (hotter) racks and dry pizzas on lower (cooler) racks
 - Let pizza cool for 5 minutes after removing from oven

+++++ Detailed Outline of Storyboard +++++

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Q3

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Oil the Rising Bowl

Move Dough from Bread Pan to Rising Bowl

Coat Dough with Oil

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Remove Dough from Refrigerator

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Shape and Flour Dough

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Summary

Knowledge Check

(Randomly select 5 questions from a pool of the 14 quiz questions previously asked.)

Sample Interface

Slide Title

Duration

Status

Introduction

00:04

✓

Navigation

00:04

Storyboard

00:08

Preparation

00:04

Kitchen Ready

00:04

Cooking Overview

00:04

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00:04

Make Dough

00:32

Roll/ Rise Dough

00:40

Make Crust

00:40

Add Toppings

00:40

Bake Pizza

00:12

After Baking

00:12

Summary

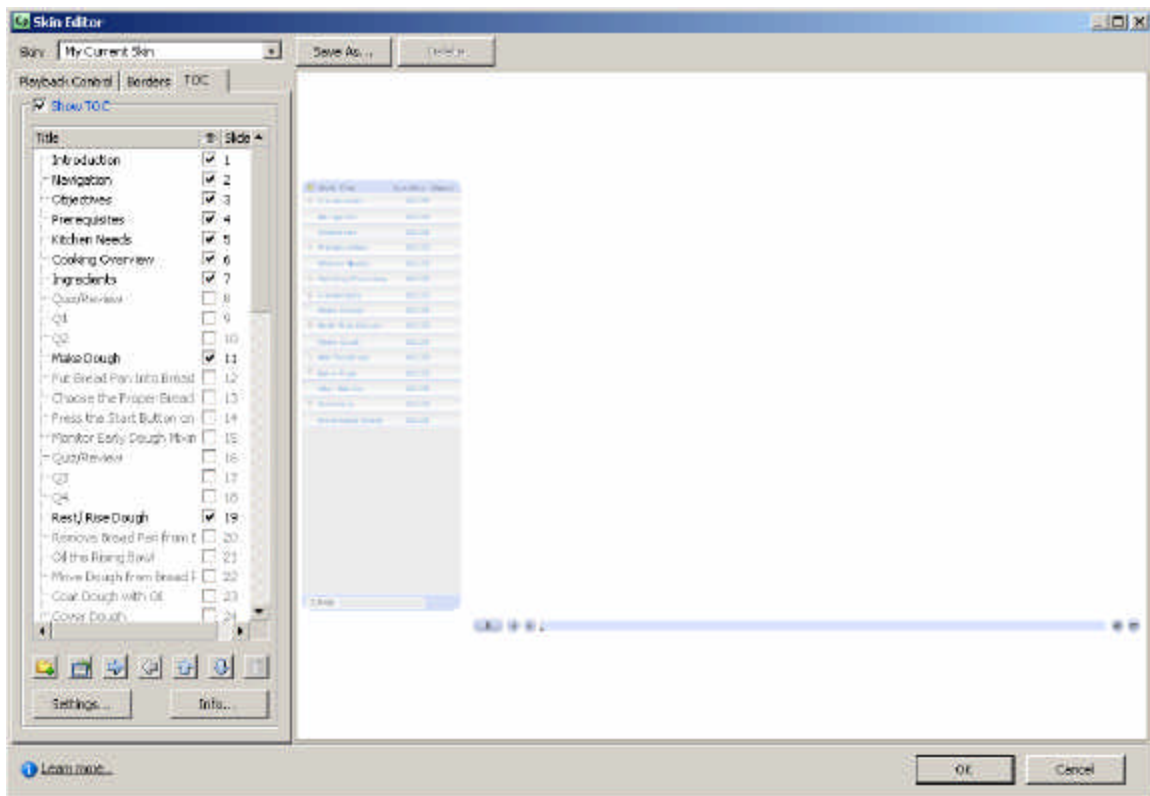
00:04

Knowledge Check

00:04

00:11 / 09:12 Items

Navigation Editor in Captivate



Introduction

Welcome to this tutorial for making pizza at home.

You may ask, why make a pizza tutorial? The short answer is that I frequently get requests for instructional design and e-learning production samples. However, most project contracts typically have fairly strict Non-Disclosure Agreements, so it is not possible to share contract work samples. A homemade pizza tutorial clearly does not use any confidential client information, and it is an engaging way to demonstrate course development skills. Now, let's get back to pizzas.

There are many kinds of pizza and many ways to make it. This tutorial will show one way to make a pizza, starting with a bread machine to prepare the pizza dough. After that, you will see how to roll out the dough, place it on a baking pan, apply toppings, and bake it in an ordinary electric home kitchen oven.

You will find quizzes throughout the tutorial to help you remember key points, and a final quiz at the end to wrap it all up.

Next, you will see how to move around in this tutorial.

When you are ready, click the green arrow below to continue.

Navigation

Main topics appear on the left side of this screen. Click them to jump to any topic. Green check marks temporarily indicate which tutorial sections have been completed. They are erased when you close the program. At the bottom are standard playback controls and a progress bar. Click the CC button at the bottom, right to view closed captioning of the narration.

Click the Forward button below to continue.

Objectives

When you finish this tutorial, you will be able to list the main stages for making a pizza; list main pizza dough ingredients; properly measure flour for a bread machine; select appropriate bread machine settings for pizza dough; explain how to rest and rise pizza dough; describe how to roll out pizza crust; select and apply sauce and appropriate pizza toppings; and finally, bake a pizza.

Prerequisites

Before dumping flour in a bread machine and making a mess in the kitchen, it's important to note some prerequisites for this tutorial. This tutorial assumes that you have basic cooking skills and experience. If you have ever made pizza from a kit, like Appian Way or Chef Boyardee, then this tutorial will be very easy to follow. A big part of this tutorial relies on a bread machine to make the dough. All bread machines are a little different than others, so be sure to get familiar with yours, before trying the procedures shown in this tutorial.

You are cooking at your own risk. Because cooking uses hot and sharp things, like an oven and cutting tools, this tutorial assumes that you already have kitchen safety awareness. If you have never reviewed kitchen safety rules, please learn them before attempting anything shown in this tutorial. One can never be too careful around the kitchen.

Also, this tutorial assumes that you are aware of and practice safe food handling procedures.

Kitchen Needs

To get started, you will need the pizza ingredients, ordinary tools found in most home kitchens, a bread machine, a clean countertop, and, of course, a standard home kitchen oven – electric or gas, but not a microwave oven. Don't worry about the details, yet. Those will be covered as you go through the tutorial.

Cooking Overview

At a high level, pizza making has six main stages: Measuring dough ingredients; working the dough; resting and rising the dough; rolling the dough to form a crust; adding toppings; and finally, baking.

Ingredients (makes a single 15" to 18" pizza, or two 9" pizzas)

The ingredients are as follows:

- 1 1/8 cups of filtered water (no chlorine)
- 2 tablespoons of olive oil
- 3 cups of bread machine flour
- 1/2 teaspoon of salt
- 1 1/2 teaspoons of loose, active dry yeast (not from packets)

First, make sure the motorized stirring paddle is installed in the bottom of the bread machine pan. (Get picture of paddle in pan.)

Next, measure and add one and one eighths cups of filtered water to the bread machine pan.



Add two tablespoons of olive oil.



Next, add the flour to the bread machine pan.



It is critical to use the exact amount of flour needed for the recipe. Avoid packing the flour when measuring. Spoon loose bread flour into the measuring cup. Use a knife edge to first tap the side of the measuring cup to settle the flour, and then use the knife edge to level off the top of the flour. Dump the measured flour on top of the liquids in the bread machine pan.

Add one-half level teaspoon of salt.



Add one and one-half level teaspoons of loose, active dry yeast, not from packets.



For more tips about ingredients, roll your mouse over the Tips icon.



TIPS:

Accuracy... Bread machines require very accurate measurements of ingredients, or the recipes will not work.

Flour... Please be sure to use bread flour to make the pizza. (We like to use King Arthur Bread Flour.) Do not substitute all purpose flour, pastry flour, whole grain flour, semolina flour, or rice flour. Each flour has different properties and handles very differently.

Yeast... You may have trouble finding loose yeast at the big box grocery stores. We get our yeast from our local, family owned natural food store. Many smaller stores will actually be willing to special order novelty products, even if they don't already carry them. Support your local grocers and small businesses, when possible. You will get more variety and often better quality food.

Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz.

Q1: Which video shows the proper way to measure flour?

When measuring flour, do not compact it, as shown here, by digging the measuring cup directly into the flour bin. Also, do not compact the flour by leveling it off with your fingers as shown here.

Q2: Multiple choice: What are the five key ingredients for pizza dough?

- Filtered water (correct)
- Olive oil (correct)
- Bread flour (correct)
- Salt (correct)
- Loose, active dry yeast (not from packets) (correct)
- Butter (incorrect)
- Baking soda (incorrect)
- Corn starch (incorrect)
- Baking powder (incorrect)
- Sugar (incorrect)
- Corn syrup (incorrect)
- Sodium benzoate (incorrect)
- Stearoyl-2-lactylate (incorrect)
- Sodium aluminum phosphate (incorrect)
- Dried buttermilk (incorrect)
- Potato flakes (incorrect)
- Raisins (incorrect)
- All purpose flour (incorrect)

Make the Dough

There are many ways to make dough. In this tutorial, we will use a bread machine to work the dough. As with any piece of equipment, please remember that your experience may be different. It is better to consider this tutorial only as a guide for your own cooking experiments.



Put Bread Pan Into Bread Machine

Put the bread pan with measured ingredients into the bread machine and make sure that it clicks into the drive socket properly. Close the cover. Please refer to your bread machine manual for specific use and care instructions.



Choose Proper Bread Machine Settings

Choose the dough setting.



Press Start Button on Bread Machine

Press the bread machine's Start button.



Look inside the window; the paddle should start rotating at intervals. It will begin to form a dough ball.



Monitor Early Dough Mixing

The paddle will rotate rapidly for long periods, with short intervals of rest. After about five minutes, a large dough ball should have formed.

If you still find unmixed ingredients after a while, open the bread machine cover and clean the unmixed ingredients down off the sides and back into the pan. Be sure to avoid contact with the dough paddle. It could cause injury.



Reclose the cover. Leave the bread machine to operate uninterrupted for the rest of its hour and a half cycle.

TIPS: Keep the cover down while running the bread machine, to ensure proper moisture and temperature.

Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz..

Q3: Pick the proper bread machine setting

Q4: How long does the bread machine take?

Half and hour

One Hour

One and a half hours (correct)

Two hours

Rest/ Rise the Dough

Once the dough is mixed, it will need time to rise. The next screens will take you through the process to set up the dough to rise.

Remove Bread Pan from Bread Machine

The bread machine will beep when the dough cycle is complete. The dough should be puffy and mounded in the pan.



Lift the bread pan out of the machine.



Oil the Rising Bowl



Prepare a bowl for rising the pizza dough. The shape of the bowl is very important. The bowl needs to be taller than it is wide. A parabolic shape is best. The bowl can be made of plastic, steel, ceramic or glass.

Generously grease the bowl with olive oil.

Move Dough from Bread Pan to Rising Bowl

Gently turn the dough out of the bread pan and into the rising bowl. Be sure to remove the paddle from the dough and smooth the spot over.



Coat Dough with Oil

Gently roll the dough around in the rising bowl to coat the entire dough surface with olive oil.



Cover Dough

Cover the surface of the dough with an airtight sheet of aluminum foil or plastic.





Then, stretch another sheet over the top of the rising bowl.



The dough must stay moist while it rises. Dried out dough will not properly roll or stretch.

Refrigerate Dough

Set the dough rising bowl in the refrigerator for four hours. Try not to bump or jar the dough while it is rising. A sharp impact with the bowl can cause the dough to fall and not perform properly.



TIPS:

A cool, moist resting period will give the wheat glutens time to make the dough stretchy.

Dough that does not sit long enough will be too weak and not roll out well.

Dough that sits too long becomes too yeasty and does not taste as good.

Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz.

Q5: Identify proper bowl for rising dough

Q6: How long should dough rest?

(4 hours)

Make Crust

Now it is time to flatten the dough into a pizza crust. We will use a rolling pin.

Remove Dough from Refrigerator

Take the pizza dough out of the refrigerator.

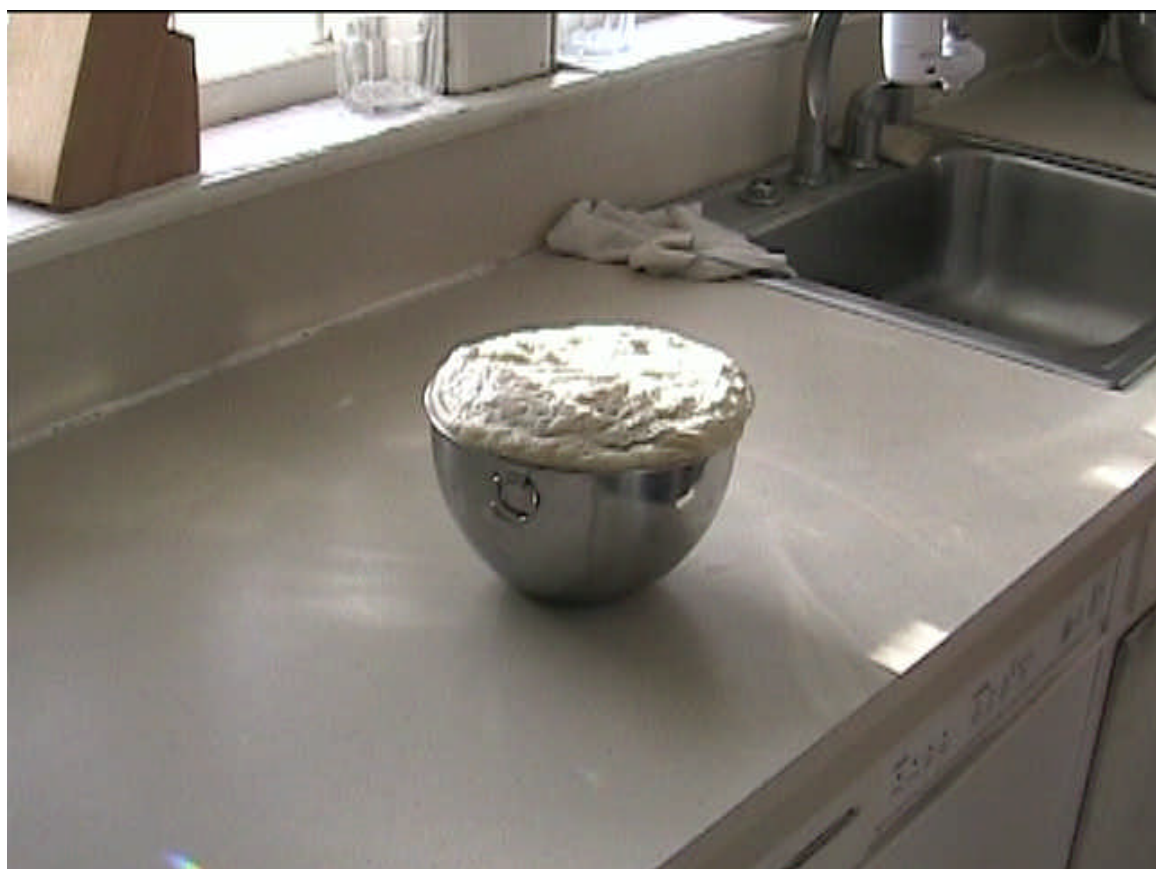


Remove Dough Coverings

Remove the dough coverings. The dough should have risen, become puffy, and have a soft, sticky texture.







Put Dough on Clean Counter

Turn the dough out onto a clean counter. Manually shape the dough into a flat circle.







TIP: Divide the dough if you want to make two smaller pizzas instead of one big pizza.

Shape and Flour Dough

Shape and flour the dough. Sprinkle the dough with flour on both sides.

TIP: For thinner crust pizzas, roll the dough with flour. For puffy, thicker crust pizzas, roll the dough with olive oil on the counter.





Roll Dough

Roll out the dough with a rolling pin. Roll from the center to near the edge but not off the edge. Roll in different directions, trying to maintain a circular shape.





Sprinkle the dough with flour and flip it, to keep it from sticking to the counter or to the rolling pin.





You are done rolling when your dough is sized to your pan.

TIPS: If your pan is a cookie sheet, you will want to make a rectangular shape.



Oil the Pizza Pan

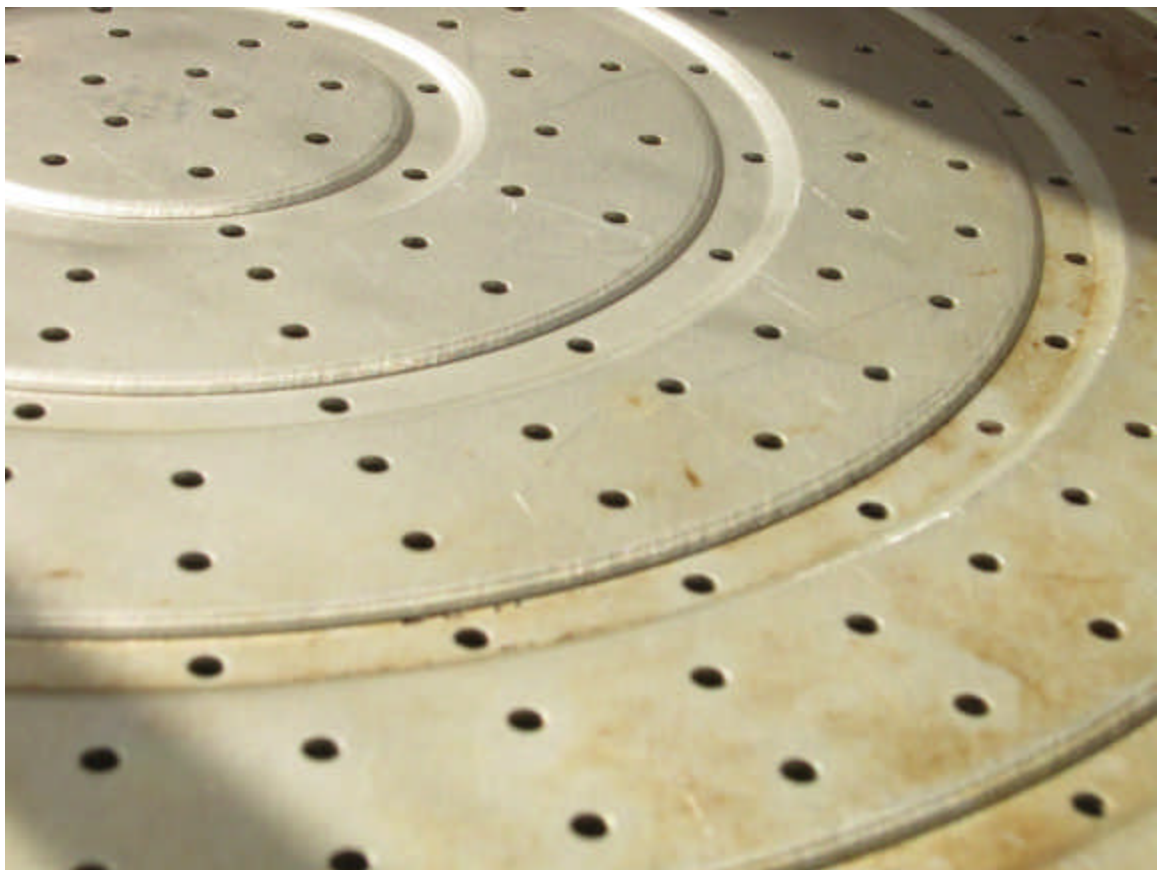
Generously coat your pizza pan with olive oil.







You can use almost any flat metal pan for baking a pizza, however the type of pan used to bake a pizza will dramatically affect the quality of the pizza crust. Aluminum pans with holes and a sand-like texture have produced the best results for us.



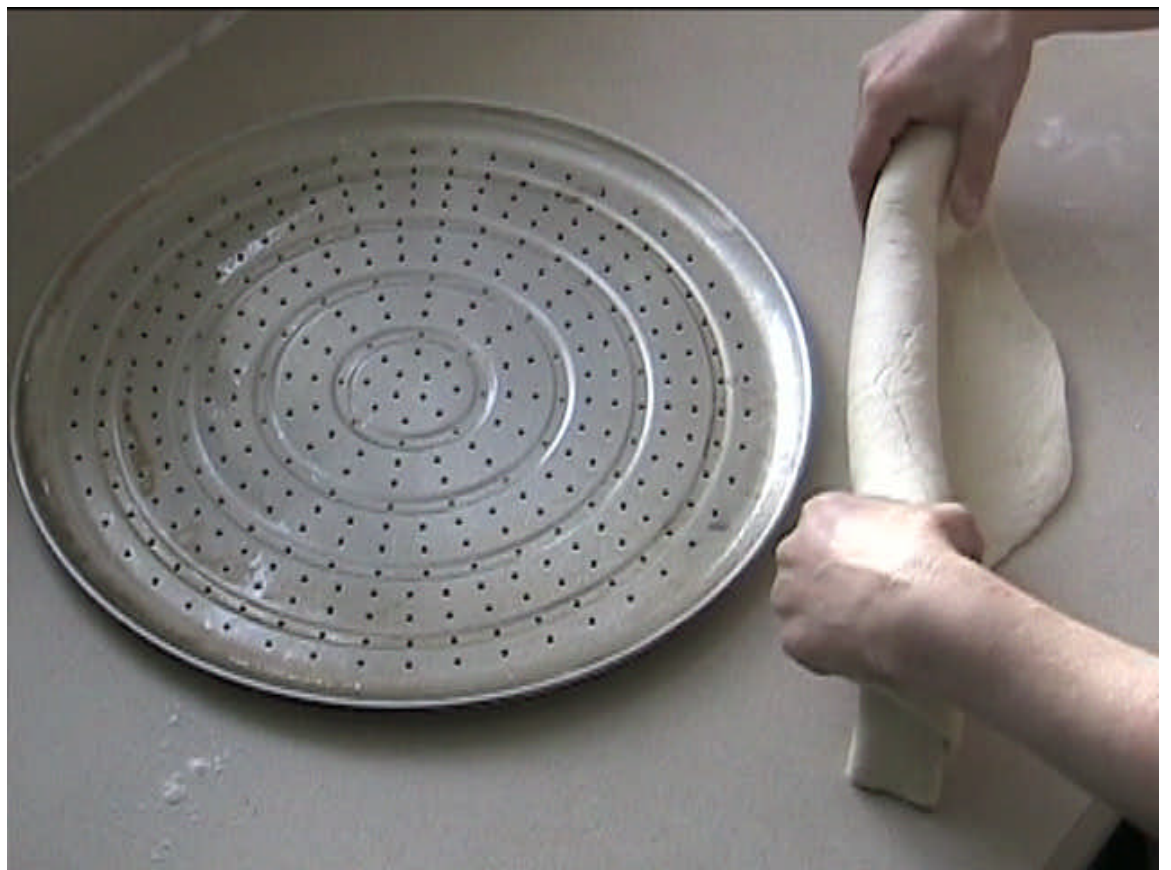
TIP: 9" springform cake pans make great deep dish pizzas.

Transfer Dough to Pizza Pan

Lightly flour the dough.

Roll up the dough, and lift it onto the pan. Then, unroll the dough and twitch it into position, to completely cover the pan.









Trim Dough Edges

Trim the dough edges back to the edge of the pan, or turn them under to form a thicker pizza edge.





Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz.

Q7: What best describes the texture of pizza dough?

Soft and sticky (correct)
Smooth and creamy
Dry and leathery
Lumpy and slippery

Q7b: How is the dough flattened to form a crust?

Pounded, pinched, and pressed
Floured, rolled, and flipped
Shaken, but not stirred

Add Toppings

Now that the pan has a pizza crust on it, it is time to add the toppings. There is a bit of science to this process, so we will start by talking about how the topping layers are set up, and then we will get into the tasty specifics.

Layers

As we see in this cross sectional view of a pizza, the base layer is the crust, which will rise a little as the pizza is baked. Any crust not covered with moist toppings remains exposed to the full heat of the oven, gets crusty, and turns brown as moisture leaves, and the temperature of the crust rises above that of boiling water. Crust that is covered with sauce will cook cooler as the moisture boils off. Covered crust will cook more like a piece of soft bread.

The base topping is the sauce, followed by optional leafy green vegetables, cheese, other vegetables, and finally, meats.

The only absolutely necessary pizza toppings are a sauce and a base cheese, but you can add as large a variety of toppings as you can prepare or think of trying.

Next, let's get into the specifics for each layer.

Sauce

Spread your choice of sauce, pesto or oil and herbs to season and moisten the crust.

Some people like a lot of sauce and others prefer a drier pizza. There are a lot of choices. In this tutorial, we are sticking with a basic, store bought tomato-based sauce from a jar. Experiment to find your own preference.







TIP: Too much sauce makes a floppy crust and a sloppy pizza. Too little sauce makes a leathery pizza.

Leafy Vegetable Toppings (Optional)

Put leafy vegetables, such as spinach, basil, chard, or chives between the sauce and the cheese, to seal in the moisture, and keep the leaves from burning.

Whatever greens you use, be sure to wash and dry them first. Cut them into bite size pieces. You may want to pre-wilt them in a pan with olive oil and drain.

TIP: It is important to spread the greens on the pizza *before* the cheese. If greens are added on top of the cheese, they will often become blackened and crisped in the very hot oven.

Cheese Toppings

Some may disagree, but a pizza just isn't a pizza without cheese!





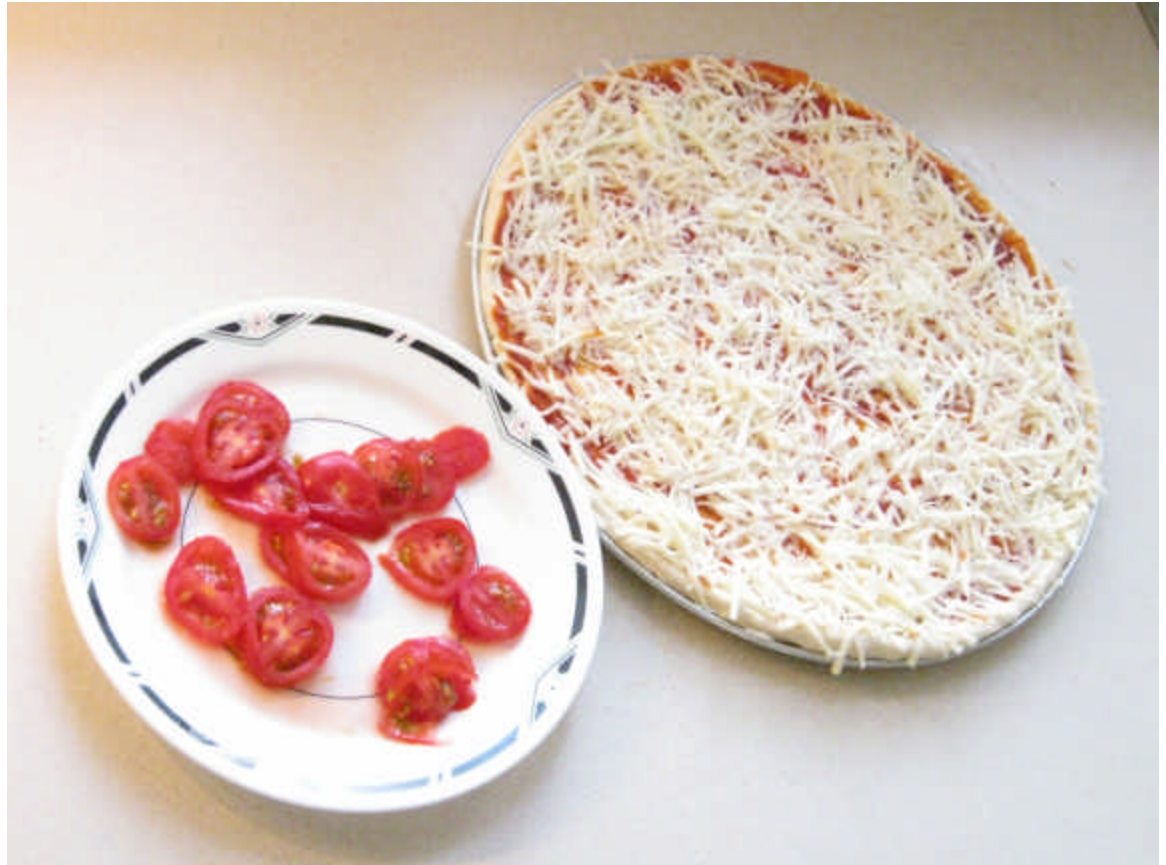
You can use almost any cheese or combination of cheeses you want on a pizza. The base cheese must be soft, yet firm enough to shred easily and sprinkle over the pizza as a topping glue. Mozzarella, Monterey Jack, Munster are all good base cheeses. Blending cheeses adds flavor notes.

The cheeses must either be shreddable or easily chunked. Parmesan, Romano, goat and blue cheese all work well.

Soft, gooey cheeses are very difficult to use on pizza, because they require spreading with a knife, which is next to impossible over pizza sauce. Cheeses to avoid for pizza toppings include cottage, ricotta, Neufchatel, and brie.

Meat and Vegetable Toppings (Optional)

Vegetable toppings should be thinly sliced and set directly onto the cheese so that they will cook properly.





Tomatoes, broccoli, mushrooms and olives are all very successful. Some people like apple on their pizzas.

Pepperoni and salami are the easiest meat toppings lay out. They are often pre-sliced, and cook beautifully on a pizza.





Hamburger and sausage should be pre-cooked in a fry pan.

TIP: Caution: too many tomatoes can make a pizza runny.

Some like to put onions and peppers under the cheese, but they can also go above the cheese.

Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz.

Q8: What cheeses probably should be avoided as toppings?

Cottage (correct)

Ricotta (correct)

Neufchatel (correct)

Brie (correct)

Mozzeralla

Romano

Parmesean

Munster

Monterey Jack

Q9: What is the general layering order for pizza toppings?

(Correct order below)

Sauce

Leafy Green Vegetables

Cheeses

Other Vegetables

Meats

=====

Q9b: What can work as a pizza sauce?

Castor oil

Olive oil and herbs (correct)

Tomato based sauce (correct)

Marsala wine

Gravy

Milk sauce

Pesto (correct)

Tabouli

Bake Pizza

Now that the toppings have all been added, it's time to bake the pizza. You are almost finished!

Pre-Heat Oven and Bake Pizza

To ensure proper cooking, pre-heat the oven to 425°F.



Bake the pizza for 18 to 20 minutes, depending on amount of topping, crust thickness, and amount of sauce.



Remove the pizza from the oven when done.



Let the pizza cool in the pan for five minutes on top of the stove.



TIP: The pizza needs to cool below baking temperature and get firm, before removing from the pan.

Oven Rack Location

Unless you have a very good convection oven, you are likely to have different temperatures on different oven racks. Because heat rises, the upper levels tend to be hotter. Your oven may be different, so it is good to find out where the hot spots may be.

Plain cheese or pepperoni pizzas can be baked on the lower, cooler racks for good results.

Pizzas with juicy vegetables or more sauce can be baked on the higher, hotter racks for good results.

Baking Tips

Pay close attention to how fast your pizzas cook if you have not tried them in your oven, before. After baking several pizzas, you will be able to accurately estimate the proper cooking times and thermostat settings for your oven.

Review Quiz

Let's take a moment to review what has been covered.
Click Next to take a short quiz.

Q10: What kinds of toppings cook better on the higher (hotter) oven racks?

Pizzas with juicy vegetables or more sauce can be baked on the higher (hotter) racks.

Cheese pizza

Pepperoni pizza

=====

Q11: How long should a pizza bake

5 to 8 minutes

10 to 15 minutes

18 to 20 minutes (correct)

30 to 40 minutes

Q12: How hot should the oven be?

250°F

350°F

375°F

425°F (correct)

550°F

After Baking

Now for the good part! Serving the pizza. Click the Next button to continue.

Remove Pizza From Pan

Use a supple, plastic spatula to loosen the crust from the edge of the pizza pan. Slide the pizza onto a large cutting board.





Cut Pizza and Serve

Use a pizza cutting wheel tool to safely make uniform pizza slices.



It is now ready to serve.

Summary

Pizza making shown in this tutorial has six main stages:

1. Measuring/adding dough ingredients
 - Five key pizza dough ingredients: filtered water, olive oil, bread flour, salt, and yeast
2. Making the dough
 - Allow about an hour and a half for the machine to make the dough
3. Resting and rising the dough
 - Let the dough rise for about four hours
4. Rolling the dough to form a crust
 - Flour both sides of the dough as it is rolled
 - Oil the pizza pan
 - Transfer dough to pizza pan
5. Adding toppings
 - Add sauce first
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 - Add other vegetables
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 - Bake at 425°F for 18 to 20 minutes
 - Put juicy pizzas on upper (hotter) racks and dry pizzas on lower (cooler) racks
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Knowledge Check