

Pizza Survival Guide

The amount of information involved in the pizza making process can be overwhelming. Chef Derek Bugge has assembled this detailed survival guide to help you answer questions and increase your personal knowledge of all things pizza. Enjoy!



Flour

There is a large variety of flours available to you. The one you select will be determined by not only your taste, but by your usage and your clientele's wants. All these flours are available to you through Harbor Foodservice. Should you like some assistance in selecting one that is right for you, our chef Derek Bugge would be happy to assist.

• AP white flour

Standard, predictable, best flour to keep on hand if you are going to only use one type. Medium amount of gluten. Low on nutrients as it has all been stripped along with the bran and germ. Shell stable as it contains oil. 9%-11% protein (gluten)

• Bread flour

Comes in two varieties: white and whole wheat. Higher protein content: 11%-13%. Substitute bread flour for AP when you want a "chewier" final product.

• Cake and Pastry flour

These are even lower in protein (8%-9%), as they are used for items where softness and tenderness is desired, such as cakes, biscuits, pancakes, and scones.

• High gluten flour

High gluten flour is used when you desire a more dense, more chewable product such as bagels, pretzels, and some pizza doughs. Usually contains between 12% and 14% protein.

• Gluten free flour

There are many kinds of gluten free flour. Some of the more popular varieties are 1:1, which contains a combination of white and brown rice, sorghum, tapioca, and potato starch. Also, Buckwheat, Teff flour, Chickpea, and Cassava, all of which Harbor Foodservice carries.

Sauces

When it comes to pizza sauce, there is no right or wrong way, but there is a traditional way. As you probably guessed, traditional pizza sauce is a fresh tomato base, but that by no means should cause limitations. Use not only what is available to you, but what you think your customers will enjoy!

We carry several different brands and flavors of red sauce, along with:

- Pesto
- Alfredo
- BBQ

Should you feel ambitious, we stock countless items to allow your creativity to shine, such as:

- Hummus (think Mediterranean style flatbread)

- Pumpkin sauce (perfect for holiday season!)
- Spicy jelly (perfect with artisan cheeses)
- Romesco; a Spanish tomato sauce
- Chimichurri; an Argentine pesto
- Hoisin or Thai peanut for those Asian inspired pizzas
- Nutella for a dessert pizza

The beauty of pizza is its ability to work with anything. The possibilities of pizza flavors are only limited by your imagination and creativity! Push the boundaries, be unique, and separate yourself from the crowd.



Importance of Rising

Proofing

Arguably the most important step in a good pizza dough is the proofing. There is a science behind proofing, and as with most aspects of cooking, the decision is left to you alone as to how far you will take it, but one thing is sure, it must be done. After kneading, the active yeast consumes the sugar in the dough and releases CO2 which creates bubbles and aerating the dough, not only allowing it to be more pliable, but also creates that great dough flavor that we all love. There are several ways of proofing. One is by allowing to sit at room temperature for several hours (a minimum of two), the other is by cold proofing, by allowing it to sit in the refrigerator, covered, for no more than 24 hours. Be careful when using this method, as it can over-proof, which causes all the sugar to be consumed, creating alcohol, which will have an adverse effect on your finished product.

Toppings

As with the sauce, there are virtually no limitations as to what constitutes an acceptable pizza topping. You have your more standard toppings such as pepperoni, sausage, meatballs, onions, mushrooms, and peppers. But then you can get extravagant and adventurous and create artistic concoctions by adding some of our favorite stand alone dishes on to a pizza! It might sound crazy, but you'll never know until you try. As pizza taking the largest slice of the pie (pun intended) when it comes to consumer takeout, in the neighborhood of 33 billion annually, there is plenty of wiggle room to get creative! Instead of attempting to recreate the wheel, recreate a proven success. Is your restaurant known for a specific dish, or types of food? Try tossing it on pizza and letting the customers decide its fate. Experiment, push yourself, and most importantly, have fun. At the end of the day, its pizza, and who doesn't love pizza!



New York vs Chicago (and Detroit)

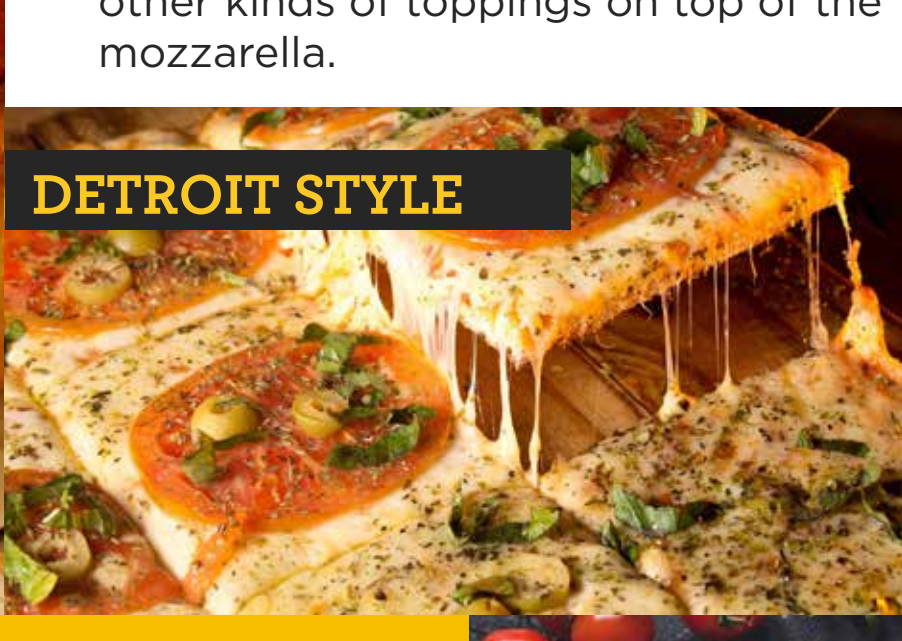
There are many styles of pizza, including Neapolitan, Sicilian, Greek, Californian, and many more, but the two largest competitors are New York and Chicago style. On the surface, the battle seems to be mainly about the crust, which is a big part of it.

New York

New York pizza is known for thin, crispy crust topped with a thin layer of tomato sauce, cheese and assorted toppings, while Chicago deep dish style pizza features a thick crust that is about an inch-deep that allows room for tomato sauce, cheese and toppings. Then there is the cheese: Typically, New York-style pizza uses grated low-moisture mozzarella, not the fresh mozzarella slices typically found on Neapolitan style pizza. New York pizzas can have additional toppings like vegetables, meats such as pepperoni and sausage, or other kinds of toppings on top of the mozzarella.

Chicago

Chicago-style pizzas, especially deep-dish style, often apply different types of cheese, and multiple layers of cheese. And don't forget the sauce! New York style pizza sauce is often more heavily seasoned sauce with a balance of sweetness and heat. The texture of the sauce is light enough to spread, but thick enough to keep the pizza from turning soggy. Chicago-style pizzas tend to include more sauce compared to other pizza styles. The sauce used is often chunkier than the sauce used pan pizzas, but nowhere near as chunky as what is used in traditional deep-dish pizzas. Finally, it's about how they are eaten. New York-style pizza is served by the slice. Large NY Style pizzas are usually 18" in diameter. Slices are usually cut in a triangle-shape. Eating Chicago pizza usually requires a full, sit-down meal with a fork, knife, and napkins. Chicago pizza is usually thicker and can be messy. Chicago style pizza is not really the type of pizza that you can eat with your bare hands. And as not to leave it out of the discussion, **Detroit-style** pizza is a rectangular pizza with a thick crust that is crispy and chewy. It is traditionally topped with Wisconsin brick cheese, then tomato sauce layered on top of the other toppings (rather than directly onto the dough).



Flatbread: is it Pizza?

Traditionally, flatbread is basically unleavened bread, which is made without yeast. Flour, water, and salt are the main ingredients. It's rolled out flat and cooked, usually in a brick oven. It can be eaten as is, as a vessel for sauces or dips, and of course, as you may have guessed, garnished with cheese and toppings, making it a....PIZZA! I can't say one way or another if flatbread is definitely pizza or not, but I can tell you it fits a lot of the qualifiers! We at Harbor Foodservice offer some amazing pre-baked flatbreads if you don't have the time (and brick oven) to make them yourself. Flatbreads are very trendy, consistent, and very cost efficient. They tend to find a place on almost any menu, whether it be for happy hour, and appetizer, garnish on a salad, as a vessel for a main dish, or even incorporated into a dessert. Flatbreads are a great item to keep on hand to utilize those extra products that you might have hanging around.



Common mistakes

when making pizza (and how to avoid making them):

• Not allowing your dough to rest long enough

When you knead or mix dough, you are creating gluten, or elasticity in the dough. The gluten makes it very tough and difficult to handle. Anyone who has ever rolled out dough too early, only to have it spring back, knows exactly what I am talking about. You must allow that gluten to rest, or "relax". What I like to do is set the dough aside for an hour with a slightly damp towel over the top. The towel prevents the dough from drying out.

• Using a rolling pin

I won't say don't use one, but I will highly recommend against it. When using a rolling pin, it is really harsh on the dough, and has a tendency to work that gluten back in a lot quicker than if you were just using the heel of your palm and your fingertips.

• Overloading on toppings

This one is dangerous for a few reasons.

- One, it will make it difficult to get the baking correctly. There is the probability that your crust could burn before all your ingredients are properly cooked.
- And two, a majority of pizza toppings, just by their sheer makeup, are high in water content, so adding too many of them will cause you to have a soggy crust that you worked so hard on once it is fully cooked.

• Not baking hot enough

You need your oven hot, like 500 degrees hot. What this does is it creates those large air bubbles and crusty pieces that everybody so loves in the crust. Those are difficult, if not impossible to achieve, at lower temperatures. That is why using a pizza stone and preheating it is so preferable when making pizza. If you don't have a pizza stone, no problem. Just preheat a sheet pan and you will achieve a very desirable crust. And stay away from using parchment paper! I know it professional kitchens we have a tendency to want to throw parchment paper on every sheet tray when throwing them in the oven, but it will actually create an insulator from the heat and prevent the crust from cooking properly.

• Not pre-cooking your toppings

As discussed earlier, many pizza toppings are high in water content, such as mushrooms, bell peppers, onions, and so on. If they go on to your pizza raw, the water has nowhere to go other than your crust. Pre-cooking those vegetables will allow you to prevent this simple error.

• Cutting right into the pizza

I'll admit that I am guilty of this one myself. We have the tendency to want to cut right into our pizza the second it comes out of the oven. Fight that urge! Allowing your pizza to rest for a few minutes will allow those hot ingredients to marry together and prevent them from sliding all over when you cut into it. Consider the cheese, which is high in oil. While that oil is hot, it is prevented from sticking to anything, so allowing that cheese to come down in temperature even slightly will allow it to bond to the crust and other ingredients, avoiding a sloppy mess on your plate.



Creating your own dough vs. purchasing pre-made

There are several factors to consider when thinking about incorporating pizza into your menu, primarily, the dough. Are you going to make it from scratch or buy a pre-made dough. Consider these things before making a decision.

- **Labor cost** - typically, making pizza dough from scratch is very labor intensive, and given the increasing wages in our state, unless you are an artisan pizza restaurant, this might not be an ideal cost for you to take on.
- **Ingredients cost** - making your own dough won't necessarily be less expensive. As opposed to buying hundreds of pounds of product to make it yourself, you are able to purchase exactly what you need from a vendor. Harbor Foodservice works with a number of bakeries that make great pizza doughs in volume, which allows them to purchase those ingredients at a discounted rate, which then means a savings for you.
- **Consistency** - one of the biggest killers of a restaurant is consistency, or lack thereof. One of the worst things a diner can experience is enjoying an amazing meal, only to go back and have a less than ideal experience the second time. Purchasing a pre-made dough will ensure a high quality, consistent product every time.

The greatest appeal to purchasing pre-made dough is that they can also be bought pre-portioned, eliminating much time and guess work from the equation. No matter what your needs may be, we carry a viable solution.

Cooking temperatures and cheese types

Oven and Crust Type					Suggested Schreiber Cheeses	
Oven Type	Frozen/presheet	Dough Balls	FTO Rising Crust	Parbaked	Item #	Description
Deck	400° 10 - 12 min	425° - 500° 10 - 12 min	500° 7 - 11 min	425° - 450° 6 - 10 min	531861	5 Cheese Blend - Best of all worlds! Whole milk and part skim provide enough higher fat to protect the pie and enough lower fat to balance. Great flavor with the addition of provolone, parmesan and Romano.
					76620	50/50 Blend - An equal blend of whole milk mozzarella and provolone allow the mozzarella to protect the provolone and provide unique flavor.
					17643	WM Mozzarella - Works best to protect the pie in most temperatures.
Impinger	400° 7 - 8 min	425° - 500° 6 - 8 min	525° 5 - 7 min	500° - 550° 3 - 5 min	531861	5 Cheese Blend - Best of all worlds! Whole milk and part skim provide enough higher fat to protect the pie and enough lower fat to balance. Great flavor with the addition of provolone, Parmesan and Romano.
					76620	50/50 Blend - An equal blend of whole milk mozzarella and provolone allow the mozzarella to protect the provolone and provide unique flavor.
					17643	WM Mozzarella - Works best to protect the pie in most temperatures.
Convection	375° 7 - 9 min	425° 6 - 8 min	375° 6 - 10 min	425° - 450° 5 - 7 min	432580	LMPS Mozzarella - This cheese is best for use in lower temp ovens, lessper flavor.
					11179	80/10/10 Blend - LMPS mozzarella, provolone and cheddar provide the best for use in low to mid range temperatures. This blend gives additional color and flavor to the pie.
					76620	50/50 Blend - An equal blend of whole milk mozzarella and provolone allow the mozzarella to protect the provolone and provide unique flavor.
Residential	425° 12 - 14 min	425° 12 - 14 min	425° 19 - 26 min	425° 6 - 8 min	17643	WM Mozzarella - Works best to protect the pie in most temperatures.
					11179	80/10/10 Blend - LMPS mozzarella, provolone and cheddar provide the best for use in low to mid range temperatures. This blend gives additional color and flavor to the pie.
					76620	50/50 Blend - An equal blend of whole milk mozzarella and provolone allow the mozzarella to protect the provolone and provide unique flavor.
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For more about pizza, or for help incorporating pizza into your establishment, please reach out to either your territory sales consultant or to chef Derek Bugge at Derek.Bugge@Harborfoodservice.com