

Tuakau College Crest Team 2016 Our Journey to Roasted Pizza's Timeline

Early February 2016 - Forming the CREST team - Here Students needed to be found to participate in the CREST challenge.

Mid-February 2016 - Visit from John Cox –Here we learnt information on the challenge and found we were to use Potatoes, onions and carrots in the final product as John lays down the challenge.

Late February 2016 - Visit to Wilcox – Our group planned a trip to the Wilcox factory in Pukekohe.

Soon after the trip - Brain storming – here we brainstormed possible product ideas.

Early March 2016 - School survey – We put together a survey which included our initial ideas to get an indicator of what our product should be. We got the feedback on the same day and had a meeting about it. This is where we came up with the idea of Potato bread.

April 2016 – kept up with monthly CREST meetings lead by our supervisor/ teacher in charge Christina Stilwell (Mrs Stilwell).

May 2016 –kept up with monthly CREST meetings.

Mid-June 2016 - Potato bread testing – Here we found which potato suited being baked the most but what had also risen was our idea of making Pizza instead of burgers. We then undertook a second survey to see whether teenagers would rather potato bread burgers or potato bread based pizzas. Survey 2.

Late June 2016 - Elke's Advice – Elke offered us resources to accomplish the project but she also gave useful ideas about Pizza and its production.

Early July 2016 - Pizza Evaluation – We came up with Pizza topping ideas through evaluating popular pizza places e.g Hell's Pizza, Pizza Hut and Domino's Pizza. By evaluating these outlets we gained knowledge of packaging ideas and how to promote our product.

Mid-July 2016 - First recipe drafted – Here we came up with 3 pizzas recipes that we believed would fit the criteria of the project and appeal to teenagers.

Late July 2016 – Monthly CREST meeting – In this meeting we decided to try and come up with a kind of pizza we had never come across before. All the sweet pizza's had been taken, all the conventional pizza's had been taken... but **had anyone ever roasted a pizza?**

Early August 2016 - Cooking and testing – After cooking the pizzas we got students as well as ourselves to try the pizzas and finalized the idea that these were the Pizzas we would approach the CREST challenge with.

Mid-August 2016 - Report and poster production – We go over our log books and call in favors from our sponsors, asking to use their logo's and for advice on advertising their name and how they helped us.

WHAT TEENAGER DOESN'T LIKE PIZZA!



GET ROASTED!!

Tuakau College CREST Team 2016

Teagan, Shannon, Toko and Ryan.



Survey

While undergoing research, our team (**Get Roasted!!**) originally came up with three food products to market. We couldn't decide out of the three so we did a school wide survey. After we had the results we decided to go with potato bread burger buns. However, after trialling potato bread recipes, we came up with the idea of potato bread based pizza. This because we found the easy and quickest bread to make was more like the base of a pizza. Here are our two surveys:

Survey 1:

Carrot Icecream	Carrot and onion sauce	Potato bread burger	TOTAL
16	17	21	54

(NOTE: we handed out more surveys but these were all we got back.)

Survey 2:

Potato bread based pizza's	Potato bread buns	TOTAL
9	3	12

(NOTE: same happened here again).

HACCAP PLAN 1

When first entering kitchen put on an apron Wash hands for 30 seconds with soap then thoroughly dry. Peel potatoes into rubbish bin or similar where the peelings can disposed of. Wash each potato thoroughly after fully peeled. Get ingredients out to prepare. This includes 2 cups flour, 2 tsp baking powder, ½ tsp salt, 2 cups of peeled, washed and diced agria potato and ½ cup low fat margarine. Turn oven onto bake at 180’c. Add low fat margarine to the potatoes and mash together until the two ingredients are fully combined. While potatoes are cooking begin prep with other ingredients. Fill pot with water enough so all potato slices will be covered and place on element to heat up. (make sure to turn on the element.) After 10 minutes temporarily remove pot lid and poke fork through potato slices. If it goes through softly and effortlessly then the potatoes are done. If the fork doesn’t cut through nicely then put the pot lid back on, leave for few minutes and repeat until potatoes are cooked. Place the potatoes into the pot on the hot element, cover pot with a lid and leave to cook. Chop potatoes into even slices using a chopping board and clean knife. This means that the potato slices will cook evenly together minimising larger slices taking longer than smaller slices. Check expiry dates of all foods to ensure each ingredient is safe to use and make sure they are stored in their respective environments. HACCAP PLAN (dough preparation) Make sure water is boiling before placing potatoes into the pot. Make sure to turn the element off after removing the pot of potatoes. Measure out ½ cup low fat margarine. Drain all of the liquid out of the potatoes but leave the potatoes in the pot. Sift together 2 cups flour, 2 tsp baking powder and ½ salt into a mixing bowl. MAKE SURE TO WASH HANDS BEFRE AND AFTER FOOD PREP OF EACH INGREDIENT! Tip mashed potato into the mixing bowl full of dry ingredients and mix together until a soft ball of dough forms. When dealing with the hot element and pots use heat protective gear such as mittens Remove dough when done and leave to cool. Put the tray into the preheated oven and set timer for 20 minutes. Wash and dry hands then press dough onto a greased tray. Make sure the dough is evenly spread out reasonably thinly so it can rise in the oven evenly Use heat protective gear such as mittens to remove the tray from the oven Leave dough in a hygienic place in the kitchen where it is covered. Once cooked Clean up and do the dishes, wash hands.

HACCAP PLAN 2

As soon as you enter the kitchen put on an apron and washes your hands. Get out all required ingredients. Vege pizza – carrot, onion, cauliflower, herbs and spices. Meat pizza – pastrami, ham or luncheon. For both – cheese, cheese sauce and gravy. Chop up meat and veges into small slices. Follow the instructions to make the gravy and cheese sauce on the packets. Wash hands. Spread cheese sauce over cooked pizza bases. Finally place appropriate toppings over the pizza bases and cook. Wash hands and begin to pack up.

Roasted Pizza Recipe

Toppings: 30ml white sauce (commercial)

- 20g onion
- 40g pumpkin
- 80g mozzarella cheese
- 20g capsicum
- Italian herbs (thin coat)
- 40g kumara
- 30g cauliflower

Base: 31g flour

- 2.5g baking powder
- 0.625g salt (roughly)
- 125g potato (agria)
- 30g margarine

Method: If the potatoes are hot, mash them. Then stir in the margarine until it has melted and is distributed evenly throughout the potatoes. Leave to cool. Sift the flour and baking powder and salt, stir into the mashed potato to form soft dough. If the potatoes are cold, mash them without adding the margarine. Sift the flour and baking powder into a bowl. Rub in the margarine with your fingertips until the mixture resembles fine bread crumbs. Stir the flour and margarine mixture into the soft potatoes to form soft dough. Roll out or press the dough into a 12” round on a lightly greased cookie sheet or pizza pan, pushing up the edge slightly all around to form a ridge before

NIP (Nutritional Information Panel)

Servings per pack = 1			per serve	per 100g
NIP	Energy	kJ	2554	648
	Protein	g	29.1	7
	Fat	g	30.6	8
	Saturated	g	13.7	3
	Carb	g	52.1	13
	Sugar	g	8.9	3
	Salt.	mg	972	269

WOOHOO ROASTED PIZZA!!



Thanks to the Ministry of Health for letting us use this pamphlet.

Thanks to... [Elke Hansen](#) from IMCD New Zealand Limited.



NZIFST



Ministry of Health

[John Cox](#) from A S Wilcox & Sons New Zealand Limited. *Goodness never tasted better*



CREST



And thanks to Mrs Christina Stilwell from Tuakau Collae. whom without. team **GET ROASTED!!** would not have been the success it was.