



PIZZA DOUGH

Prep Time: 15 min

Ready In: 15-20 min

Ingredients (per 4 servings):

2 ¼ tsp of active dried yeast

1 tsp white sugar

1 cup warm water

2 ½ cups of all-purpose flour

2 tbsp olive oil

1 tsp salt

Pizza sauce

Any toppings of choice!

Directions

1. Preheat oven to 450F.
2. In a medium bowl, dissolve the yeast and sugar in warm water. Let it stand until frothy/creamy (about 10 minutes).
3. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
4. Turn dough onto a lightly floured surface. Pat or roll (knead) into a round ball. Texture must not be too tough to work with.
5. Roll out into a flat circle and transfer it to a baking sheet. Spread desired sauce and add toppings.
6. Bake in preheated oven for 15-20 minutes, until crust is golden-brown.

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FRESH PASTA

Prep Time: 30 min

Ready In: 2 min

Ingredients (per 4 servings):

2 1/2 cups all-purpose flour

4 eggs

1 tbsp olive oil

Directions

1. Place the flour in a large mixing bowl.
2. Make a well in the centre.
3. Break the eggs into the well and add the oil.
4. Lightly beat the eggs and oil with a fork, gradually mixing them with the flour.
5. Knead the dough on a floured surface for about 10 minutes. If the dough is sticky, dust it lightly with flour and continue kneading.
6. Let stand for 30 minutes before rolling. If rolling the dough by hand, use a pasta rolling pin and roll it very thin.
7. Cut in 1 cm strips for fettuccine.
8. Cook in boiling water for 2 minutes.

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RED SAUCE

Prep Time: 15 min

Ready In: 40 min

Ingredients (per 4 servings):

1 can 28 oz. whole tomatoes
1 pinch of salt and pepper
1/3 red onion, diced
3 cloves of garlic

2 tbsp olive oil
2 tbsp basil
oregano
italian seasoning

Directions

1. Puree the tomatoes to a smooth, creamy consistency in a food processor, with an immersion blender, or a wooden spoon.
2. Heat the olive oil over medium-high heat in a large saucepan. When hot, add the onion and sauté 5 to 6 minutes, or until soft. Add the garlic and cook 2 to 3 minutes, until you see the colour changing.
3. Add the tomatoes and season with salt and pepper to taste. Reduce the heat to medium low and simmer about 30 minutes. Add the basil and remove from the heat.

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ALFREDO SAUCE

Prep Time: 10 min

Ready In: 5 min

Ingredients (per 4 servings):

1/2 cup butter
2 cups heavy whipping cream
4 oz. cream cheese
1/2 tsp garlic (minced)
1 cup parmesan cheese (grated)

1 tsp garlic powder
1 tsp italian seasoning
1/4 tsp salt
1/4 tsp pepper

Directions

1. In a medium saucepan add butter, heavy whipping cream, and cream cheese.
2. Cook over medium heat and whisk until melted.
3. Add the minced garlic, garlic powder, italian seasoning, salt and pepper. Continue to whisk until smooth. Add the grated parmesan cheese.
4. Bring to a simmer and continue to cook for about 3-5 minutes or until it starts to thicken.

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