



Savory Swirled Baked Pizza Buns + No-Cook Marinara Sauce

By Dylan Sabuco , Dylan Sabuco

Prep Time 30 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

☐ DAIRY

☐ 1 C grated mozzarella or Swiss cheese ****(see allergy subs below)****

☐ PANTRY

☐ 2 C all-purpose flour + extra for dusting ****(see allergy subs below)****

☐ 2 tsp or 1 packet dry active yeast (instant yeast also works)

☐ 2 T granulated sugar or honey

☐ 2 1/2 tsp salt

☐ 2 T vegetable oil ******

☐ 1 4-oz can tomato paste

☐ 1/4 tsp garlic powder

☐ 1 pinch granulated sugar

☐ 1/4 tsp dried oregano

☐ 1/4 tsp dried rosemary

☐ 1 tsp olive oil

☐ ROLL-INS—choose 2 or 3 ****(Omit any options below if allergies present)****

☐ 1 C plant-based, meatless pepperoni

☐ 1 bell pepper (any color)

☐ 1 C mushrooms

- ☐ 1 C cherry tomatoes
- ☐ 1 eggplant
- ☐ 1 zucchini
- ☐ 2 T Italian seasoning
- ☐ 1 C ricotta cheese
- ☐ 1 handful of fresh basil
- ☐ HAVE ON HAND
- ☐ 3/4 C + 1 T water
- ☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

Equipment

- ☐ Can opener
- ☐ Small mixing bowl
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Rolling pin, clean plastic bottle, or sturdy drinking glass (optional)

Ingredients

No-Cook Marinara Sauce

- ☐ 1 4-oz can tomato paste
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp garlic powder
- ☐ 1 pinch granulated sugar
- ☐ 1/4 tsp dried oregano

- ☐ 1/4 tsp dried rosemary
- ☐ 1 T water
- ☐ 1 tsp olive oil

"Water You Cooking Up?" Flavored Water

- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

Savory Swirled Baked Pizza Buns

- ☐ 2 C all-purpose flour + extra for dusting ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 2 tsp or 1 packet dry active yeast (instant yeast also works)
- ☐ 2 T granulated sugar or honey
- ☐ 3/4 C water
- ☐ 2 tsp salt
- ☐ 1 C grated mozzarella or Swiss cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free cheese, preferably a white cheese variety)******
- ☐ 1 C No-Cook Marinara Sauce
- ☐ 2 T vegetable oil ******
- ☐ Roll-ins—choose 2 or 3: ******(Omit any options below if allergies present)******
- ☐ 1 C plant-based, meatless pepperoni
- ☐ 1 bell pepper (any color)
- ☐ 1 C mushrooms
- ☐ 1 C cherry tomatoes

- ☐ 1 eggplant
- ☐ 1 zucchini
- ☐ 2 T Italian seasoning
- ☐ 1 C ricotta cheese
- ☐ 1 handful of basil

Food Allergen Substitutions

No-Cook Marinara Sauce

"Water You Cooking Up?" Flavored Water

Savory Swirled Baked Pizza Buns

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Dairy: Substitute dairy-free/nut-free cheese, preferably a white cheese variety. Omit ricotta cheese roll-in option.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Instructions

No-Cook Marinara Sauce

measure + mix

This recipe is super simple. All you have to do is dump all the ingredients into a bowl, mix them, and adjust the flavor and texture to your liking. Let's dive in! Measure **1 can tomato paste, 1/2 teaspoon salt, 1 pinch of sugar, 1/4 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon dried rosemary, 1 tablespoon water,** and **1 teaspoon olive oil**. Stir to combine. Take a small taste and adjust the flavor and texture to your liking by adding more oil, water, or seasonings.

dip + dunk + spread

Dip and dunk breadsticks in this super simple and delicious sauce, or spread it on top of pizza dough before baking! Buon appetito!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then

serve.

Savory Swirled Baked Pizza Buns

intro

"Benvenuti" (Ben-veh-NOO-tee) or "Welcome" in Italian! This recipe is inspired by one of the most famous foods ever: Pizza! Typically, original Italian pizza is a simple combination of yeast-risen dough, tomato sauce, cheese, basil, and meats baked until the cheese is bubbling and the disk of dough is crisp. This Sticky Fingers Cooking® version is a little more silly. We will lay all our ingredients onto the dough disk, then roll, roll, roll. You can use a rolling pin to roll out the dough, a clean plastic bottle, or a sturdy drinking glass. The rolled dough will be baked in a muffin pan until it almost rises all the way out of the pan. The resulting Savory Swirled Pizza Bun looks like a cinnamon roll in shape, but it's filled with bubbling cheese and savory pizza toppings instead of cinnamon and sugar. "Buon appetito" (Bwohn ap-peh-TEE-toe) or "Enjoy your meal" in Italian!

measure + stir

In a large bowl, measure and add **2 teaspoons or 1 packet of dry yeast, 2 tablespoons sugar or honey, and 3/4 cup water**. Stir the ingredients gently to combine. Let the mixture rest for 5 minutes. The yeast needs some time to eat the sugar and release CO₂.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you could come across in the world. The type we are using today is called active dry yeast. It means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the pizza dough you are creating in this recipe, which is super important for making a light, fluffy texture.

measure + stir

In the bowl with the yeast, measure and add **2 cups flour** and **2 teaspoons salt**. Stir with a wooden spoon until a ball of dough forms. Dust the dough with a small amount of flour. Set aside.

chop + knead

Chop, measure, and prepare all the **topping ingredients** you purchased. All of the ingredients need to be cut into a large dice or smaller to fit into the pizza buns. Knead the ball of dough for 2 to 3 minutes or until springy in texture.

scrumptious science

In the above step, you are creating gluten. Gluten is a protein strand that forms when glutamate (a precursor to the gluten in flour) mixes with water. The act of mixing the glutamate and water together

causes a reaction that results in the creation of gluten. For a moment, compare gluten to a rubber band in your mind. Both are elastic and stretchy and snap back to their original shape. These qualities are great for making bread doughs, cakes and other pastries. Without gluten (or a substitute), you will find a spongy, fluffy texture missing from your dish.

divide + roll

Divide the dough into 12 pieces. Flatten each piece of dough until you have 12 flat oval-shaped disks of dough. Then, add roughly **1 to 2 teaspoons of the toppings, 1 to 2 teaspoons of No Cook Marinara Sauce**, and **a sprinkle of cheese** to each disk. Finally, roll them up from one end to the other. The tighter you roll the dough the better your pizza bun will turn out.

preheat + bake

Preheat your oven to 375 F. Drizzle **2 tablespoons of vegetable oil** into the wells of a muffin pan, divided evenly. Then, place each rolled pizza bun into the oiled wells of the muffin pan. Slide the pan into the oven and bake for 15 to 18 minutes or until the buns are golden brown and puffed.

cool + devour

Remove the pizza buns from the oven and allow them to cool for a few minutes. Practice some Italian counting while you wait! 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh), 6 sei (SEH-ee), 7 sette (SET-teh), 8 otto (OHT-toh), 9 nove (NOH-veh), 10 dieci (dee-EH-chee). Once the pizza buns are cooled down, serve each bun with any extra marinara sauce and toppings on the side. "Cin cin" (Chin chin) or "Cheers" in Italian!

Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-,"

meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.