



## Turkish Pide Personal Pizzas with Whipped Ricotta Clouds + Frothy Cinnamon Salep Milkshake

By Dylan Sabuco

**Prep Time** 35 / **Cook Time** 23 / **Serves** 4 - 8

### Shopping List

- 1 pkg or 2 tsp instant dry yeast
- 2 C all-purpose flour + more for kneading **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- 3 T olive oil + extra for oiling the cupcake maker
- 3 tsp salt
- 1 pinch ground black pepper
- 1 T cornstarch
- 3 T sugar or honey
- 1 T ground cinnamon
- 3 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1 C ricotta cheese **\*\* (for DAIRY ALLERGY sub 1 small pkg silken tofu)\*\***
- PIZZA TOPPINGS (choose 1 to 3 or as many as you like within your budget):
  - 1 C cherry tomato
  - 1 large handful baby spinach
  - 1 small zucchini
  - 1/2 C feta cheese **\*\* (Omit for DAIRY ALLERGY)\*\***
  - 1 red bell pepper
  - 1 C mushrooms (any type)

- 3 garlic cloves
- 3 green onions
- 2 to 3 tsp dried oregano
- 2 to 3 tsp cumin
- 2 to 3 tsp sesame seeds **\*\* (Omit for SESAME ALLERGY)\*\***
- 1 small handful cilantro and/or parsley
- HAVE ON HAND
- 1 C warm water
- 1 C ice (optional, if serving drink cold)

## Fun-Da-Mentals Kitchen Skills

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

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**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.

**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.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**garnish:** to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

## Equipment

- Large saucepan

- Liquid measuring cup
- Measuring spoons
- Whisk
- Oven
- 2 large mixing bowls
- Small bowls
- Dry measuring cups
- Wooden spoon
- Plastic wrap or paper towel
- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Sauté or frying pan (optional for sautéing veggie toppings)
- Baking sheet
- Parchment paper (optional for lining baking sheet)

## **Ingredients**

### Turkish Pide Personal Pizzas with Whipped Ricotta Clouds

- Pide dough (or pre-made pizza dough, if short on time):
- 1 pkg or 2 tsp instant dry yeast
- 1 C warm water
- 1 tsp granulated sugar or honey
- 2 C all-purpose flour + more for kneading **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 2 tsp salt
- 2 T olive oil
- Pizza toppings (choose 1 to 3 or as many as you like within your budget):
- 1 C cherry tomato, roughly chopped
- 1 large handful baby spinach, ripped

- 1 small zucchini, roughly chopped
- 1/2 C feta cheese **\*\* (omit for DAIRY ALLERGY)\*\***
- 1 red bell pepper, roughly chopped
- 1 C mushrooms (any type), roughly chopped
- 3 garlic cloves, minced
- 3 green onions, chopped
- 1 small handful cilantro and/or parsley
- 2 to 3 tsp dried oregano
- 2 to 3 tsp cumin
- 2 to 3 tsp sesame seeds **\*\* (omit for SESAME ALLERGY)\*\***
- Ricotta clouds:
- 1 C ricotta cheese **\*\* (for DAIRY ALLERGY sub 1 small pkg silken tofu)\*\***
- 1 T olive oil
- 1 pinch salt
- 1 pinch black pepper

### Turkish Frothy Cinnamon Salep Milkshakes

- 1 T cornstarch
- 2 T sugar or honey
- 3 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1 T ground cinnamon
- 1 C ice (optional, if serving drink cold)

## Food Allergen Substitutions

### Turkish Pide Personal Pizzas with Whipped Ricotta Clouds

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour for all-purpose flour in Pizza dough (or gluten-free/nut-free pre-made dough if short on time).

**Dairy:** Omit optional feta cheese topping for Pizzas. Substitute 1 small pkg of silken tofu for 1 C of ricotta cheese in pizza Clouds.

**Sesame:** Omit optional sesame seed topping for Pizzas.

## Turkish Frothy Cinnamon Salep Milkshakes

**Dairy:** Substitute dairy-free/nut-free milk for whole milk in Milkshakes.

## Instructions

### Turkish Pide Personal Pizzas with Whipped Ricotta Clouds

#### intro

"Merhaba!" ("Hello" in Turkish.) This week's recipe is sure to be delicious! Think of pide (PEE-deh) like pizza; there will be dough, toppings, and sauce. This Turkish pizza lookalike will surely be a hit!

#### measure + mix

In a large mixing bowl, measure and mix **1 package instant dry yeast**, **1 cup warm water**, and **1 teaspoon sugar** and allow to sit for 10 minutes. This process will activate the yeast. This means that the yeast will wake up from its nap, eat the sugar, and start releasing carbon dioxide. This gas is essential for making a risen dough.

#### measure + mix

In a separate bowl, measure and combine **2 cups of flour** and **2 teaspoons of salt**. Once the yeast has had 10 minutes to activate, dump all the flour and salt into the yeast mixture and mix until a dough starts to form. Measure **2 tablespoons of olive oil** and add to the dough, then mix a few more times. Cover the bowl with plastic wrap or a paper towel and move on to making the Whipped Ricotta Clouds!

#### measure + blend

Using a blender (or immersion blender + pitcher or large liquid measuring cup), combine and blend **1 cup ricotta cheese**, **1 tablespoon olive oil**, **1 pinch of salt**, and **1 pinch of black pepper**. Blend until the mixture is smooth, creamy, and cloud-like! Transfer to the refrigerator until ready to use.

#### choose + chop

Pick out the **toppings** you wish to use and chop them all up! For a bit of added flavor, sauté your toppings on medium low heat for a few minutes to cook some of the water out of the toppings. The water inside vegetables can often lead to a soggy pide crust. Once the toppings are chosen and prepared, place them into small bowls for assembling your pides a bit later.

#### preheat + knead + shape

Preheat your oven to 375 F and line a baking sheet with parchment paper or dust with a pinch of flour. Dust the dough with a handful of flour and knead for a few minutes. Then, separate the dough into as

many 2 tablespoon-sized pieces as you can (roughly 12). Flatten the dough and shape into oval shaped discs. Place each disc on the prepared baking sheet, leaving about a half inch between each.

### top + fold + pinch

Place 2 teaspoons of the whipped ricotta on each piece of dough. Then, place 1 to 2 teaspoons of your toppings on each piece of dough. After that, fold the edges of the dough over the filling slightly. The toppings should remain mostly exposed. This step creates a little edge to keep ingredients from spilling out of the dough while cooking. The last step is to pinch the ends. Each end will have a dramatic pinched look. It looks sort of like handles on a baking dish.

### bake + eat

Bake at 375 F for 15 to 18 minutes. The pide will be cheesy and soft! If you love your foods crispy and crunchy, this dish is wonderful if you cook it an extra 5 minutes to achieve the perfect crunch! Allow the Turkish Pide Personal Pizzas to cool for a few minutes before eating all of your delicious creations. "Eğlence!" (ay-LAHN-jeh), or "Enjoy!" in Turkish.

## Turkish Frothy Cinnamon Salep Milkshakes

### intro

"Salep" (Sah-lup) is a Turkish drink made with a special type of flour produced from the tubers of the orchid genus *Orchis*. This recipe will use cornstarch instead so be sure to whisk extra thoroughly.

### combine + simmer

Combine **1 tablespoon cornstarch**, **2 tablespoons sugar**, and **3 cups milk** in a large saucepan. Whisk the mixture thoroughly. Simmer on medium low for 5 minutes and turn the heat off.

### garnish + serve

Garnish the drink with a dusting of **1 tablespoon of cinnamon** over the whole drink. Serve warm or cooled over ice! Either way this drink is a Turkish treat! "Serefe!" (Sheh-reh-feh), which is "Cheers" in Turkish!

## Featured Ingredient: Ricotta!

Hi, I'm Ricotta!

"Ciao! That's "Hello" in Italian, and I'm an Italian cheese! I'm soft and light, and you can use me in entrées (that's a fancy French word for a main dish) and desserts. As a youngster, my flavor is mild, but I get more tangy with age."

Ricotta (literally "recooked") is an Italian cheese that uses whey, a low-fat, nutritious liquid by-product of cheese production. It is usually made from cows' milk but may also be produced using the milk of sheep

(Ricotta Romana) or Italian water buffalo (Ricotta di Bufala Campana).

An ancient method of making ricotta existed in the second millennium BCE using ceramic milk boilers.

Metal boilers are used today, but the process is similar.

Most of the milk protein is removed when making cheese, but some protein remains in the whey. The whey is heated to near boiling with a little acid, and the combination of low pH and high temperature denatures the protein, removing its natural qualities and causing it to form a fine curd. Once cooled, the curd is separated by passing through a fine cloth.

This curd, after drainage, is ricotta. Because ricotta is made from whey rather than milk, it is technically considered a whey cheese. Ricotta is a creamy white, fresh cheese (as opposed to ripened or aged) and tastes slightly sweet. Its texture is similar to cottage cheese; however, ricotta has less liquid, more fat, and is creamier.

Like many fresh cheeses, ricotta is highly perishable. However, it can last longer if cheesemakers put ricotta through extra processing, such as baking, salting, smoking, or additional fermentation.

Chefs and home cooks use ricotta in desserts like cannoli, cheesecake, and pies. It is also a traditional ingredient in Italian pasta dishes like lasagne, manicotti, and ravioli.

A half cup of whole-milk ricotta contains around 13 grams of fat, 9 grams of protein, and 20 percent of the daily value of calcium.