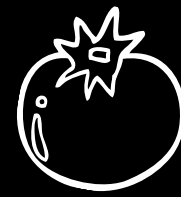


FEAST 2020 YOUTH BOX! COOKING KITS + VIDEOS



**Your Feast Youth Cooking Videos will be sent to you on Friday!
Cook along, pause and take a break whenever you need!**

On Sunday, join us over zoom for a live hang out (and taste-testing) with our baby goats! Will they eat that or not?

FOR YOUR PIZZA:

Keep your dough frozen until the night before you make your pizza! The night before, place the pizza dough in the fridge! Take out of the fridge 30 minutes to an hour before you want to cook!

- Preheat the oven to 425
- Gather your supplies: your Feast recipe kit, a baking tray, small bowls + a spoon

Step 1: Wash your hands!

Step 2: Shape + roll out your dough. You can make an imaginative shape -- just try to make it flat! Something to try -- shape out your dough by stretching it gently.

Step 3: Spread your sauce! Try a spiral motion from the center.

Step 4: Sprinkle on your cheese!

Step 5: Add some herbs from your Common Ground garden bundle. Just save the mint (the one that smells like toothpaste) for your pizza!

Step 6: Add any other toppings you like!

Step 7: Put your pizza in the oven!

Step 8: Remove pizza from the oven and let it cool.

Step 9: ENJOY THAT BEAUTIFUL PIZZA!



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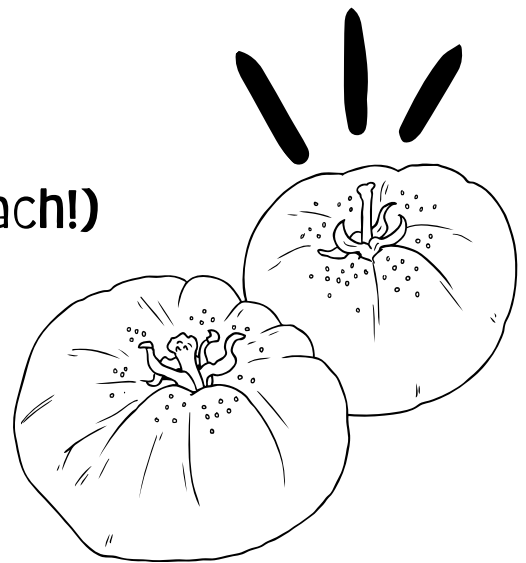
FEAST YOUTH PIZZA DOUGH RECIPE

FOR THE PIZZA DOUGH:

(Three one pound balls of dough!

aka three regular size pizzas, 8 slices each!)

- 2 1/2 cups warm water
- 1/4 cup sugar
- 3 teaspoons instant yeast
- 1/4 cup olive oil
- 6 cups AP flour
- 2 teaspoons salt



1. In the bowl of a stand mixer, combine the water, sugar and yeast. Allow the mixture to sit for a few minutes until frothy. Add in the olive oil. ***If you don't have a mixer, mix by hand.**
2. In a bowl, combine the flour and the salt. Add the flour to the yeast mixture, 1/2 cup at a time, mixing well between additions. Continue adding the flour until the dough can be pulled away from the sides of the bowl with a spatula, but the dough will still be quite sticky. You may need to add in a little bit more or less flour, but the key is to remember that the dough will still be sticky and will stick to your fingers when you try to pull it apart.
3. Grease a large bowl with the olive oil i then scrape the dough into the bowl. Turn the dough to coat it in oil. Cover the bowl with plastic wrap or a towel and a let the dough rise at room temperature until doubled, about 1 hour.
4. Turn the dough out onto a well-floured work surface. Pull the dough around to the bottom, stretching it to create a smooth ball. Cut the dough into 3 equal portions. Each ball will be approximately 1 pound of dough.
5. Roll out the dough to use in your favorite pizza recipe, or refrigerate until needed. (I have refrigerated it for several hours, up to overnight, but the dough will continue to rise, even in the refrigerator, so I try to use it before 24 hours.

***To prevent dough from rising and safe for future use, wrap in plastic and place it in the freezer. Take it out of the freezer and put it into the fridge the night before you want to use it.**



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FEAST 2020 YOUTH BOX !

COOKING KITS + VIDEOS



FOR YOUR BROWNIES:

- Preheat the oven to 350
- Gather your supplies: your Feast recipe kit, a baking pan, small bowls + a spoon

Step 1: Wash your hands!

Step 2: Slowly but surely melt your butter on low.

Step 3: Add dry ingredients into a mixing bowl. Once butter is melted, stir it in on in with your dry mix!

Step 4: Add your two eggs one at a time into a different small bowl. Stir them all up until they are all incorporated (or nice an yellow)

Step 5: Mix your eggs in with your brownie batter!

Step 6: Grease your pan with the leftover drippings from the pot you melted your butter with!

Step 7: Bake for 20 minutes or until they set!

Step 8: Cool fully before cutting in and ENJOY!



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