

## TAISTY Lesson Plan: Fusion Pizza (Cypriot - Italian Style with Halloumi)

**Subject:** Culinary Arts / International Cuisine

**Grade Level:** Culinary Students

**Duration:** Approximately 1.5 – 2 hours

**YouTube Video Link:** [Watch the Fusion Pizza \(Cypriot-Italian Style with Halloumi\) Recipe](#)

[Demonstration](#)

### Objective:

Students will learn how to create a fusion pizza combining Cypriot and Italian culinary traditions by blending iconic ingredients like Halloumi, coriander, olives, onions, and cherry tomatoes. They will understand the basics of pizza dough preparation, ingredient pairing, and cooking techniques to achieve a flavorful and unique dish.

### Lesson Outline

#### 1. Introduction (10 minutes)

##### A. Discussion Starter:

- Briefly discuss Italian and Cypriot cuisines.
  - *What are key ingredients or dishes from each cuisine?*
  - Mention pizza as an Italian staple and Halloumi as a Cypriot specialty.
- Explore the idea of fusion cuisine and its appeal.

##### B. Learning Objectives

- Understand the fusion concept and apply it to pizza.
- Gain hands-on experience making pizza dough and preparing toppings.
- Learn proper cooking techniques for Halloumi to maximize flavor.

### Safety and Sanitation Briefing

#### Key Points:

- **Ingredient Storage**
  - **Halloumi Cheese:** Store halloumi at or below 4°C (40°F). Ensure it is sealed properly to prevent cross-contamination.
  - **Fresh Vegetables:** Refrigerate at 1-4°C (34-39°F) and wash thoroughly to remove pesticides or bacteria.
  - **Pizza Dough:** Store in a cool environment and use within the recommended time to prevent spoilage.

- **Personal Hygiene**
  - Wash hands with soap and warm water for at least 20 seconds before handling food.
  - Use gloves when handling ready-to-eat toppings like halloumi to avoid direct contact.
  - Tie back hair and avoid wearing loose clothing or jewelry.
- **Workstation Sanitation**
  - Clean and sanitize surfaces before and after food preparation using food-safe cleaning solutions.
  - Avoid cross-contamination by using separate cutting boards for vegetables, cheese, and meat (if applicable).
- **Equipment Maintenance**
  - Regularly clean pizza ovens, cutters, and preparation tools to remove residues.
  - Check equipment for wear or malfunction that might compromise food safety.

## 2. Preparation (20 minutes)

### A. Dough Making

#### 1. Ingredients:

- 500g all-purpose flour
- 1 tsp salt
- 1 tsp sugar
- 1 tbsp olive oil
- 1 packet (7g) dry yeast
- 300ml warm water

#### 2. Steps:

- Mix yeast, sugar, and warm water. Let sit for 5 minutes to activate.
- Combine flour and salt in a large bowl. Gradually add yeast mixture and olive oil, mixing until a dough forms.
- Knead the dough for 8–10 minutes until smooth and elastic.
- Cover with a damp towel and let rise in a warm place for 1 hour.

## B. Prepping Toppings

- **Ingredients:**
  - 200g Halloumi (sliced)
  - 1 medium red onion (sliced thin)
  - 100g olives (pitted and sliced)
  - 200g cherry tomatoes (halved)
  - 1 small bunch of fresh coriander (chopped)
  - Optional: chili flakes, garlic, or lemon zest for extra flavor.
- **Steps:**
  - Lightly fry Halloumi slices in olive oil until golden brown; set aside.
  - Prepare the vegetables: slice onions, halve tomatoes, and chop coriander.

## 3. Assembly (15 minutes)

- **Roll Out Dough:**
  - Roll out dough on a floured surface to desired thickness. Transfer to a baking sheet or pizza stone.
- **Spread Base Sauce:**
  - Use a thin layer of tomato sauce or an olive oil and garlic mixture.
- **Layer Toppings:**
  - Add Halloumi slices, onions, olives, and cherry tomatoes evenly.
- **Season and Garnish:**
  - Sprinkle with coriander, a drizzle of olive oil, and optional seasonings like chili flakes.

## 4. Cooking (15 minutes)

- **Preheat Oven:**
  - Preheat oven to 220°C (430°F).
- **Bake Pizza:**
  - Bake for 10–12 minutes or until the crust is golden and crisp.
  - Optionally, broil for 1–2 minutes to char the Halloumi slightly.

## 5. Tasting and Feedback (10 minutes)

- Slice and serve the pizza. Encourage students to taste and share feedback.

- Discuss the balance of flavors and textures:
  - How does the salty Halloumi complement the sweet tomatoes and tangy olives?
  - How does coriander enhance the dish?

## 6. Wrap-Up (5 minutes)

- Recap key techniques learned: dough preparation, topping assembly, and cooking.
- Highlight how to adapt the recipe (e.g., vegan substitutes, different herbs).
- Encourage students to experiment with fusion concepts in other dishes.

## Materials Needed

- Ingredients listed above.
- Baking sheets or pizza stones.
- Mixing bowls, rolling pins, and cutting boards.
- Oven and stovetop access.

## Assessment

- **Observation:**
  - Monitor students as they prepare the pizza, ensuring proper techniques such as dough rolling, ingredient preparation, and safe use of kitchen tools.
  - Observe teamwork and collaboration during group tasks like assembling toppings.
  - Note creativity in how students combine Cypriot and Italian elements.

## Questions and Answers:

- Ask open-ended questions like:
  - "Why do you think halloumi works well as a topping for pizza?"
  - "How does this pizza blend Cypriot and Italian culinary traditions?"
  - "What other fusion toppings might you try if you created your own version?"
- Check for understanding of terms like "fusion cuisine" and "cultural culinary influences."

**Reflection:**

- Encourage students to share their thoughts on the process:
  - "What was the most enjoyable or challenging part of making the pizza?"
  - "Did the fusion elements enhance the flavor or texture of the pizza?"
  - "What did you learn about blending flavors from different cuisines?"

**Closure (10 minutes)****Recap:**

- Summarize key points from the lesson:
  - "We explored how Cypriot halloumi complements Italian pizza through fusion cooking."
  - "Discussed the importance of balancing ingredients to create a harmonious dish."

**Student Sharing:**

- Allow students to showcase their pizzas to the class.
- Encourage a brief description of their toppings and why they chose them.

**Encouragement:**

- Highlight unique ideas or particularly well-made pizzas.
- Reinforce the value of creativity and experimenting with flavors:
  - "Your willingness to try something new today was fantastic! Fusion cuisine is all about innovation, and you all did an amazing job."

**Extensions**

- **Culinary Exploration:**
  - Encourage students to research other Cypriot and Italian dishes that could inspire new fusion recipes.
  - Assign them to explore how traditional dishes from both cuisines use similar or contrasting ingredients (e.g., herbs, cheeses, or sauces).
  - Optionally, have students try making a dessert or side dish that combines elements from both cuisines, like a halloumi bruschetta.
- **Menu Planning Project:**
  - Task students with designing a fusion restaurant menu that includes the pizza they created.
  - They should include appetizers, main courses, and desserts, explaining the inspiration for each dish.
  - Encourage them to think about presentation, pricing, and target audience.

**Resources**

- **Handouts:**

- A recipe sheet for Cypriot-Italian Fusion Pizza, including ingredient substitutions and step-by-step instructions.
- A cultural comparison chart outlining key elements of Cypriot and Italian cuisine.
- Tips for balancing flavors in fusion cooking.
- **Recommended Reading:**
  - Articles or cookbooks about fusion cuisine, such as:
    - I. *The Flavor Matrix* by James Briscione for pairing flavors.
    - II. Regional cookbooks for Cypriot and Italian recipes.
  - Online resources exploring the history and versatility of halloumi cheese and Italian pizza.

### Notes for the Instructor

- **Preparation:**
  - Pre-measure ingredients for the pizza to ensure efficient cooking time.
  - Prepare visuals or examples of a completed pizza to inspire students.
  - Have all tools (rolling pins, baking sheets, knives) clean and ready to use.
- **Safety Considerations:**
  - Ensure students understand proper knife handling and oven safety.
  - Monitor for potential food allergies and provide alternatives as necessary.
  - Emphasize hygiene, like washing hands before and after handling food.
- **Adaptations:**
  - For younger students or those with limited skills, pre-make the dough or offer pre-cut ingredients to simplify the process.
  - For advanced learners, challenge them to create their own dough or develop a unique sauce.
  - Offer vegetarian or vegan alternatives, like plant-based cheese or vegetables, for inclusivity.